

# Courtbouillon with Catfish

RECIPE COURTESY OF CHEF JOHN REASON

## INGREDIENTS

- 3 lb Louisiana catfish filets
- 1 lb Louisiana shrimp
- ½ lb Andouille sausage (optional)
- 1 c vegetable oil
- 1 c all-purpose flour
- 1 Tbsp vegetable oil
- 2 medium onions, chopped
- 1 large bell pepper, chopped
- ½ cup celery, chopped
- 1 bunch of green onion, cut on the bias
- 2 garlic cloves, minced
- 1 can tomato paste
- 1 can diced stewed tomatoes
- 2 Tbsp Worcestershire sauce
- 1 tsp Salt and pepper, to taste
- 1 tsp hot sauce, or to taste
- 2 tsp cayenne pepper
- 3 c water
- 8 c cooked rice

## DIRECTIONS

1. Make a semi dark roux with 1 cup oil and flour.
2. In a saucepan, heat 1 Tbsp oil. Add fresh vegetables, except for the garlic and saute until translucent and tender. Set aside.
3. Adjust roux to medium heat. Add tomato paste, and stir until dissolved. Add garlic, stewed tomatoes, and water. Simmer on low for 45 minutes, allowing roux to cook and break down.
4. Stir in cooked vegetables, shrimp, sausage (optional) and seasonings. Continue simmer on low until desired flavor is reached.
5. Gently add catfish filets. Do not stir, instead gently push side to side being careful as not to break up the fish too much.
6. Ladle 2 cups of courtbouillon over 1 cup of rice and serve.



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## HEALTHY SWAPS

- **Lower fat:** Make “Skinny Roux” by roasted flour at 400 degrees for 60-90 minutes until desired color. Mix with 1 cup cold water, stire to make a paste, and cook on low until desired color of roux is attained. Omit Andouille sausage. 435 calories. 5g fat (2g saturated fat, 70mg cholesterol.) 821mg sodium. 70g carbohydrates (4g fiber, 7g sugar.) 26g protein.
- **Lower carbohydrate:** Make “Keto Roux” by substituting ½ cup of whey protein isolate powder for flour when making roux, cook on low until bubbly and desired color. Substitute cauliflower rice. 571 calories. 41g fat (5g saturated fat, 131mg cholesterol.) 1,123mg sodium. 22g carbohydrates (5g fiber, 9g sugar.) 32g protein.
- **Lower sodium:** Omit salt and sausage. Use low-sodium stewed tomatoes and Worcestershire sauce. 680 calories. 33g fat (3g saturated fat, 113mg cholesterol.) 410mg sodium. 70g carbohydrates (4g fiber, 7g sugar.) 26g protein.
- **Dairy-free:** recipe is dairy-free as is.
- **Gluten-free:** Make “Keto Roux” by substituting ⅓ cup of whey protein isolate powder for flour when making roux, cook on low until bubbly and desired color. (Alternatively, use coconut flour or tapioca flour.) 751 calories. 41g fat (5g saturated fat, 131mg cholesterol.) 1,095mg sodium. 61g carbohydrates (7g fiber, 7g sugar.) 34g protein.

<b>Nutrition Facts</b>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
8 servings per container <b>Serving size</b> 2 cups <b>Calories</b> per serving	<b>770</b>	<b>Total Fat</b> 41g	<b>53%</b>	<b>Total Carbohydrate</b> 70g	<b>25%</b>
		Saturated Fat 5g	<b>25%</b>	Dietary Fiber 4g	<b>14%</b>
		Trans Fat 0g		Total Sugars 7g	
		<b>Cholesterol</b> 130mg	<b>43%</b>	Includes 0g Added Sugars	<b>0%</b>
		<b>Sodium</b> 1060mg	<b>46%</b>	<b>Protein</b> 30g	<b>60%</b>
		Vitamin D 0.3mcg	2%	• Calcium 72mg	6%
		Potassium 707mg	15%	• Iron 5mg	30%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.