

Pan Seared Catfish over Popcorn Grits topped with Brown Butter Blue Crab

Recipe courtesy of John Reason, Delcambre Market Consultant Chef

INGREDIENTS

- 1 lb (4 filets) Louisiana catfish

Popcorn Grits:

- 2 (3 oz) bags Popcorn, popped
- 2 ½ c water
- 3 Tbsp butter
- ½ c Pepper Jack cheese, grated
- ½ tsp salt and pepper
- 2 Tbsp Cest Tout Trinity, crumbled

Catfish:

- 2 tsp Blackening Seasoning
- 4 Tbsp butter

Crab:

- ½ lb Louisiana Blue Crab meat
- 1 Tbsp Butter

DIRECTIONS

For Popcorn Grits:

- Add popped popcorn to a sauce pot, with 2 1/2 cups water and butter. Bring to a boil then simmer. Strain and reserve liquid. Push popcorn mash through a mesh sieve to form grits. Return back in pot, turn fire on at medium and slowly add water and whisk. Add cheese to tighten and salt, pepper, and Trinity to taste.

For Catfish:

- Season fish on both sides with blackening seasoning. Add butter to skillet, place fish presentation side down and let sear till crisp edges. Flip fish over and repeat. Serve over grits.

For Blue Crab:

- Add butter to the skillet after fish, toss blue crab in butter sauce to heat up. Remove and top over fish.



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HEALTHY SWAPS

- **Lower Fat:** Use light butter spread such as Smart Balance Light and reduce by half. Use fat-free microwave popcorn, and low-fat cheese. 366 Calories. 10g Fat (3g Saturated fat, 155mg Cholesterol.) 1020mg Sodium. 21g Carbohydrates (5g Fiber, 2g Total sugar.) 40g Protein.
- **Lower Carbohydrate:** Substitute 4 cups of cooked cauliflower rice for “grits” and continue with recipe. 480 Calories. 31g Fat (18g Saturated fat, 225mg Cholesterol.) 1125mg Sodium. 7g Carbohydrates (3g Fiber, 4g Total sugar.) 38g Protein.
- **Lower Sodium:** Use salt substitute and unsalted popcorn and butter to reduce sodium to 625mg.
- **Dairy-free:** Use vegan butter or margarine and dairy-free cheese. 670 Calories. 41g Fat (12g Saturated fat, 155mg Cholesterol.) 1220mg Sodium. 31g Carbohydrates (6g Fiber, 5g Total sugar.) 38g Protein.
- **Gluten-free:** Ensure blackening seasoning is gluten-free.

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving		% Daily Value*	
	4 servings per container Serving size 1 Filet Calories per serving	Total Fat 44g		56%		Total Carbohydrate 27g		10%
Saturated Fat 25g			125%		Dietary Fiber 6g		21%	
<i>Trans Fat</i> 0g					Total Sugars 2g			
Cholesterol 225mg			75%		Includes 0g Added Sugars		0%	
Sodium 1420mg			62%		Protein 40g		80%	
Vitamin D 0.1mcg		0%	• Calcium 139mg	10%	• Iron 1.4mg		8%	
Potassium 189mg		4%						