

# Pan-Fried Catfish with Black Bean & Corn Salsa

OCEAN-FRIENDLY RECIPE

(Serves 4)

## INGREDIENTS

### Black bean and corn salsa

1 cup (250 mL) corn kernels, canned or frozen  
1/2 cup (125 mL) cooked black beans  
1 small red onion, finely diced  
1 medium red pepper, finely diced  
3 cloves garlic, minced  
1/2 bunch cilantro, roughly chopped  
2 Tbsp (30 mL) olive oil  
2 Tbsp (30 mL) fresh lemon juice  
freshly ground black pepper  
Coarse kosher salt



### Spanish rice

2 Tbsp (30 mL) vegetable oil  
1/4 medium onion, finely chopped  
3 cloves garlic, finely chopped  
2 green peppers, seeded, ribs removed, and diced  
1 1/2 cups (375 mL) long grain rice  
2 cups (500 mL) chicken stock (or vegetable stock)  
One 19 oz (540 mL) can crushed tomatoes  
1/4 cup (60 mL) finely chopped parsley  
Salt and pepper to taste

### Catfish

1 cup (250 mL) all-purpose flour  
1 tsp (5 mL) Cajun seasoning  
1 tsp (5 mL) salt (approx)  
1 tsp (5 mL) pepper (approx)  
Four 6 oz (175 g) U.S. farmed catfish fillets  
1/4 cup (60 mL) butter  
1 lemon, cut into wedges, for garnish

## DIRECTIONS

### Black bean and corn salsa

Make this ahead of time. Rinse the corn and black beans in a colander. Transfer them to a mixing bowl, add the remaining ingredients, and mix well. Refrigerate for at least 1 hour.

### Spanish rice

Heat the oil in a large frying pan over medium heat. Add the onion, garlic, and pepper. Sauté for 2 minutes until softened. Add the rice and stir for about 5 minutes, or until the rice becomes a golden brown colour.

Slowly add the chicken stock and tomatoes and bring to a boil. Lower heat, cover, and simmer for 20 to 25 minutes, stirring once or twice, until the rice is cooked. Fluff the rice with a fork. Gently fold in parsley and season to taste.

### Catfish

While the rice is cooking, mix the flour with the Cajun seasoning and half of both the salt and pepper. Lightly dust both sides of the fillets with the flour mixture. Melt the butter in a large cast iron frying pan over medium heat. Season the catfish with a pinch of salt and pepper and place the fillets into the pan. Cook until golden brown, about 3 min. per side.

## TO SERVE

Place a mound of Spanish rice in the middle of each plate. Lay a catfish fillet over the rice. Spoon the black bean and corn salsa over the fish, and serve with lemon wedges.

Credit: Chef Joseph Thomas' recipe is from *"The Ocean Wise Cookbook"* (Whitecap Books) edited by Jane Mundy. Photo by: Theodora Geach