



EAT MORE FISH 2024 BLUE CATFISH EDITION

Virginia Wild Blue Catfish Curry



Serves 4-6

Prep time: 30 minutes

INGREDIENTS	AMOUNT	PREPARATION
Virginia Wild Blue Catfish Fillets	1 to 1½ Lbs.	Cut the fish into medallions, about 2 ounces each.
Onion, medium	1	Julienne (slice) the onions.
Red pepper	1	Julienne (slice) the red and yellow peppers.
Yellow pepper	1	
Snow peas	4-6 oz	Rough chop the snow peas into bite size pieces.
Scallions	½ bunch	Slice the Scallions on a bias for garnish.
Lime	1	Cut lime into 4-6 pieces.
Coconut milk	1 can (13.5 oz)	
Vegetable stock	8 oz	
Red curry paste	2 Tbsp	
High quality cooking oil (e.g., Olive, Avocado, etc.)	1-2 Tbsp	

To cook the fish:

- Preheat a medium size pan over medium high heat.
- Sauté onions and peppers in the oil until semi soft and shiny, about 4-5 minutes.
- Add snow peas and cook until they begin to get soft.
- Add the curry paste, mix well and allow to heat thoroughly.
- Add the vegetable broth, mix it well, bring to a boil and let it simmer.
- Add coconut milk, mix well to combine the fat and the liquid, bring it back to a boil and let it simmer.
- Pinch of salt to taste before adding the fish medallions. Turn up the heat to bring to a boil.
- Add the fish medallions, bring back to a boil, then reduce to a simmer.
- Gently stir and turn the fish medallions once to cook evenly.
- Continue to cook until the fish medallions are firm, the sauce reduces and thickens enough to coat the back of a spoon.

Assemble

- Remove from heat, transfer to serving dish. Garnish with sliced scallions. Pairs good with Jasmine or Basmati rice and lime wedge. **Eat and Enjoy!**



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