



EAT MORE FISH 2024 BLUE CATFISH EDITION

Tuscan Style Virginia Wild Blue Catfish



Serves 4-6
Prep time: 30 minutes

ITEM	INGREDIENTS	AMOUNT	PREPARATION
Tuscan Style Blue Catfish Fillets	Fillets	1 to 1½ Lbs.	Cut the fillets in medallions, about 2 oz each.
	Sundried Tomatoes	2 oz	Julienne (slice)
	Garlic	2 cloves	Grate
	Stock (e.g., Vegetable, chicken, clam juice will work)	8-10 oz	
	Heavy Cream	2 oz	
	Parmesan Cheese, Shredded	2 oz	
	Arugula	2 oz	Wash and pat dry with a paper towel.
	Salt (e.g., Kosher, Sea, etc.)	Season to taste	
	Pepper, cracked	Season to taste	
	High quality cooking oil (e.g., Olive, Avocado, etc.)	1-2 Tbsp	
Angel Hair Pasta (As side)	Angel Hair Pasta	½ Lb.	Cooked to al dente and reserved.

To cook the fish:

- Preheat a medium size sauté pan over medium high heat.
- Season the fillets with salt and cracked pepper, lightly oil (just a touch on each fillet).
- Add remaining oil to the pan.
- Add the fillets, sear and cook for 2-3 minutes (depending on heat/pan).
- Turn the fillets carefully placing them directly in the same spot to protect the fond/remnants in the pan, cook for an additional 2-3 minutes.
- Remove the pan from the heat and then the fillets from the pan. Reserve fillets on a paper towel lined plate to drain any excess oil.

To make the sauce:

- Return the pan to the heat and add the sundried tomatoes, stir with a wooden spoon for 1 minute, use the wooden spoon to "scrape" any remnants (fond) from the bottom of the pan. This will keep them from burning.
- Add the garlic to the pan and cook to aroma.
- Add stock to the pan to deglaze.
- Turn up the heat to bring to a boil, then reduce heat to simmer. Reduce the liquid by half.
- Add the heavy cream, continue to reduce until sauce begins to thicken and coats the back of a spoon.
- Add 2/3 of parmesan cheese, return the fillets to the pan, and continue to cook for 1-2 minutes, gently stirring to ensure the cheese does not stick to the bottom of the pan.
- Push the fillets and sundried tomatoes to one side of the pan and place the cooked pasta on the other side of the pan to reheat and absorb some sauce.

Assemble

Once the pasta is heated, remove to a serving dish. NOTE---If too much sauce has been absorbed, you may need to add a touch more stock and heavy cream to the pan. Add arugula to the pan and allow it to wilt (less than a minute). Remove from heat, evenly place the fillets on the pasta reserving one for the top. Serve the sauce over the fish and pasta. Top with the last fillet. Sprinkle the remaining parmesan cheese and finish with cracked pepper. **Eat and Enjoy!**

Chef's Notes

- As for Measurements—8 oz of stock equal 1 cup. 2 oz of Heavy Cream equals ¼ cup. An average container of Shredded Parmesan equals 5 oz. The average container of Arugula equals 5 oz as well.
- The Fond/Remnants are the gooey bits of goodness stuck to the bottom of the pan when you sear something, there is a lot of flavor there as long as you don't burn them.
- Cooking garlic to aroma is just long enough to smell it. Garlic (especially grated) can burn easily so have your deglazing liquid ready.
- Stock and heavy cream reductions can vary depending on your pan and heat source. One way to tell if the sauce is approaching the desired thickness is to watch the bubbles. The bigger the bubbles, the thicker the sauce, but be careful, if you take the reduction too far it can break resulting in a greasy mess.
- Lastly Virginia Wild Blue Catfish (any fish really) is easily overcooked. We cut our fillets to around ½ inch thick, so adjust your cooking times accordingly until you reach an internal temperature of 145°F (~65°C).



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