

INGREDIENTS

3 pounds catfish fillets, cubed
3/4 cup vegetable oil
1 cup flour
2 cups onions, diced
2 cups celery, diced
1 cup bell pepper, diced
1/4 cup garlic, minced
1 (10-ounce) can tomatoes
1 (8-ounce) can tomato sauce
1 (6-ounce) can tomato paste
2 1/2 quarts hot water
1 cup green onions, sliced
1/4 cup parsley, chopped
salt and black pepper to taste
hot sauce to taste

INSTRUCTIONS

Place all the catfish in a large bowl and season with salt, pepper and hot sauce. Allow to sit in the refrigerator 4-6 hours or overnight prior to using. In a large cast iron dutch oven, heat oil over medium-high heat. Add flour and, using a wire whisk, whip constantly until dark brown roux is achieved. Add onions, celery, bell pepper and garlic. Sauté 3-5 minutes or until vegetables are wilted. Add tomatoes, tomato sauce and tomato paste, blending well into the vegetable mixture. Cook 5 minutes and then add water. Bring mixture to a rolling boil and reduce to simmer. Add 1/4 pound of catfish and cook for 30 minutes. Add green onions and parsley, blending well into the stew mixture. Season to taste using salt and pepper. Add remaining catfish, blend well and cook for 10-15 additional minutes. Serve over steamed white rice or pasta.



Catfish Sauce Piquant



6 servings

Sauce Piquant is a style of cooking used for rabbit, duck, alligator, chicken and seafood. Just about anything you can dream of has been used to whip up a sauce piquant.

A sauce piquant is tomato based using a combination of whole, stewed, sauce and paste, and, uses a small roux. As the name suggests the dish is a little spicy by nature but you can control this yourself. The word piquant means "pricking" in French, like a rose bush thorn. The meat is usually browned (not the seafood dishes), the roux follows and then come the onions, garlic, tomatoes and spices. The Louisiana home style of doing this dish demands that the sauce be cooked a couple of hours on a low fire. This is done to sweeten the tomato flavors, and with wild game, you need to cook it longer to tenderize the meat. The flavor is full bodied tomato. You'll love it.

Sauce piquant is served on hot rice.