

# Fried Catfish with Shrimp Etouffee



RECIPE BY DEREK ST.ROMAIN  
PHOTOGRAPHED BY TIPHANI ST.ROMAIN

Your tastebuds, and your friends, will thank you for preparing this mouth-watering combination

## INGREDIENTS

### Wet Mix for Catfish

- 1/3 cup yellow mustard
- 1 tablespoon salt
- 1 teaspoon white pepper
- 1/2 teaspoon cayenne pepper
- 2 whole eggs, beaten
- 2 cups half and half or whole milk

### Dry Mix

- 1 box Zatarain's Fish Fri (or similar breading mix)

### Etouffee Sauce

- 1 pound peeled shrimp
- 2 sticks salted butter
- 1 to 2 cups white wine
- 1 cup diced yellow onion
- 1/2 cup diced bell pepper
- 1/2 cup celery
- 3 tablespoons fresh chopped garlic
- 2 tablespoons Cajun seasoning
- 12-ounce can diced tomatoes
- 1 tablespoon tomato paste
- 1 tablespoon shrimp-base paste
- 1/4 cup heavy cream

A few years back, my wife and I had friends over for dinner who wanted something different than an ordinary hamburger. It was a beautiful summer night, and I knew exactly what would light up their tastebuds.

Without a second thought, I prepared for them some fried catfish with shrimp etouffee and a side of rice. You should have seen their faces after their first bite. The crunch of the juicy catfish smothered with the savory etouffee makes for the perfect summertime treat.

## PREPARATION

Mix the wet ingredients for the catfish in a medium-size bowl. Add the catfish and refrigerate for at least one hour.

I prefer to prepare the etouffee first, so the catfish will be hot and crispy when served. In a large sauté pan, melt 1 stick of butter and add garlic, onions, peppers, celery and Cajun seasoning. Cook for 5 to 6 minutes, stirring often. Once the onions start to turn clear, add the tomato paste and stir well. Add 1 cup of white wine and scrape the pan to loosen any vegetables stuck to the bottom.

Add the shrimp, diced tomatoes and shrimp-based paste and cook on low for a few minutes. Stir in the heavy cream. Wait until just prior to serving and add in the last of the butter. This will pull the sauce together and combine the flavors well.

Remove the catfish from the refrigerator and dredge in the Zatarain's mix, coating all sides of the fish. In a cast iron or deep-walled frying pan, fry the catfish in 1 1/2 to 2 inches (or 4 to 6 cups) of canola oil at 350 degrees until the fish floats and turns golden brown, roughly 3 minutes per side. Remove the catfish from the pan and place on a paper towel to drain the oil. Serve over rice with the etouffee on top!

After you finish feeding your friends and family, have the second glass of wine. You earned it!

