



# **BLACKENED BLUE CATFISH & GRITS**

## **CATFISH INGREDIENTS**

- 1 pound - Catfish, Raw Cut into 3" Strips
- 2 each - Garlic Cloves, Minced
- ¼ cup - Blackening Cajun Seasoning
- 3 tablespoons - Olive Oil
- Salt & Black Pepper to taste

## **CATFISH DIRECTIONS**

- Combine in a mixing bowl and let marinate for at least 1 hour.
- Cook in a cast iron skillet to blacken until just cooked through.

## **GRITS INGREDIENTS**

- 2 cups - Heirloom, Thick Grits
- 4 cups - Any Stock
- ¼ pound - Tasso or smoked ham diced
- ¼ pound - Andouille, Diced
- 3 sprigs - Thyme
- .5 each - White Onion, Minced
- 4 tablespoons - Butter, Unsalted
- Salt and Black Pepper to taste
- ¼ cups - Mascarpone
- 1 each - Lemon, Whole
- Cooking Oil

## **CATFISH DIRECTIONS**

- Sauté onions, thyme, tasso, and andouille
- Pour in the stock and bring to a boil.
- Add the grits and stir well. Bring back to a boil and then reduce to a simmer.
- Cook until grits is tender. Pick out the thyme stems. Stir in butter and season to taste.
- Serve grits in a bowl, top with a dollop of room temperature mascarpone and the blackened blue catfish.

