

Name: Catfish Court Bouillon (coo-boo-yon)

Yield: Serves 6-8	Author: Bryant Walker		
Ingredients	Actual		Notes
	Weight	Measure	
Catfish – 6-8 fillets			
Green bell pepper	1 cup		Finely chopped
Onion, Vidalia – medium	1 cup		Finely chopped
Celery	1 cup		Finely chopped
Garlic cloves – 4-6			minced
Tomato sauce		6 cups	
Water		1 gal	
Parsley	2 tbsp		Finely chopped
Green onion tops	1/2 cup		Chopped
Worcestershire sauce		1 tbsp	
Salt	2 tsp		
Cayenne pepper	2-1/2 tsp		
Black pepper	2-1/2 tsp		
Butter		1/2 cup	
Lemon juice			
Paprika	3 tsp		
Flour	1/2 cup		
Bay leaves - 2			
Preparation			
1. Precook the catfish by broiling with butter, lemon juice and paprika or baking.			
Cooking Directions			
<ol style="list-style-type: none"> 1. First make a roux (the cooking of flour and grease/butter in equal portion, cooked in large pot), start with enough grease/butter to cover the bottom of pot and add flour allowing the mass to thicken, until it darkens to the color of peanut butter without burning. If you burn the roux, start over. 2. Add bell peppers, onions, celery and garlic to roux and allow ingredients to simmer until onions are tender. 3. Then add remaining ingredients except for water and bay leaves. Stir to mix and let simmer for 25 minutes. Then add water and stir to mix. Bring to a boil and then reduce heat. 4. Add cooked fish and place lid on pot. Simmer for another 30 minutes. Do not stir court bouillon. Shake the pot gently or twist occasionally to keep the fish from sticking or burning on the bottom of the pot. 5. Once the court bouillon has finished cooking, cut fire off, add 2 bay leaves per gallon of court bouillon. 6. Allow to cool 15 minutes, then reheat if necessary and serve over fresh cooked rice. 			