Catfish Chowder
Recipe courtesy of Chef Tamie Cook
SERVES 4

I know, you’re thinking, catfish in soup? I promise once you’ve tried this, you’ll be a convert. It’s light and refreshing, yet filling enough for a meal all on its own or with a simple salad.

INGREDIENTS
1 tablespoon olive oil
1 small onion, finely diced
1 stalk lemongrass, tough green part removed and finely minced
1 tablespoon grated fresh ginger
½ teaspoon sea salt, plus additional as desired
2 cups vegetable broth, clam juice or fish stock
1 large Yukon gold potato, cut into 1/2-inch pieces, about 1 cup
1 small jalapeno, seeded and thinly sliced
¼ cup freshly squeezed lime juice
¼ cup fish sauce
1 pound US Farm Raised catfish, cut into 1/2 pieces
1 13.5 ounce can coconut milk
Cilantro leaves for garnish, optional

DIRECTIONS
Place the olive oil in a small saucepan and set over medium heat. Once the oil shimmers, add the onion, lemongrass, ginger and salt. Cook, stirring frequently, until the onions are translucent, about 3 minutes. Add the broth, potatoes, jalapeno, lime juice, and fish sauce and bring to a simmer, about 5 minutes. Add the fish and coconut milk and cook until fish turns opaque and is just cooked through, 4 to 5 minutes. Serve garnished with fresh cilantro if desired.

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