Miso-Glazed Catfish with Edamame and Spicy Winter Greens

Recipe courtesy of Chef Virginia Willis
Serves 4

You might be thinking, “What on earth is miso doing in a Southern cookbook?” To that I say the South is a far less homogeneous place than it once was. And, when conceiving this recipe, all I could think about was the umami of the miso and how that would mimic the smoky salty flavors of Southern-style country ham. It’s a perfect match. I’ve added shelled edamame for a great, fresh, and protein-packed bit of crunch.

INGREDIENTS
1 tablespoon canola oil, plus more for the baking dish
1 pound thin catfish fillets, or 4 (4-ounce) catfish fillets
Freshly ground black pepper
4 tablespoons low-sodium miso paste
4 cups water
8 cups chopped winter greens, such as kale or collards (about 8 ounces)
2 cups shelled edamame, thawed if frozen
1 sweet onion, thinly sliced
1 jalapeño chile, sliced, or to taste
½ teaspoon red pepper flakes

DIRECTIONS
Preheat the oven to broil and position a rack about 5 inches from the heat. Brush a medium baking dish with oil.

Place the catfish in the greased baking dish. Heartily season the fillets with freshly ground black pepper. Using a spatula, thinly spread 1 tablespoon of the miso on the tops of the fillets. Set aside.

In a large saucepan over high heat, combine the remaining 3 tablespoons of miso with the 4 cups of water. Bring to a boil. Add the winter greens, edamame, onion, jalapeño and red pepper flakes. Season with freshly ground black pepper. Decrease heat to simmer. Cook until the vegetables are tender, about 10 minutes.

Place the miso-glazed catfish under the broiler. Cook until the fish is opaque and the miso is deep golden brown, 8 to 10 minutes, depending on the strength of your broiler.

To serve, spoon the vegetables in equal portions into warmed shallow bowls. Place a portion of catfish on top. Spoon over some of the miso broth used to cook the vegetables. Serve immediately.