

Maryland Succotash & Blue Catfish

Servings: 4 people

Ingredients

Maryland Succotash

- 4 each Local Corn Ears kernels cut off
- 1 each Jumbo Yellow Onion small diced
- 1 pint Limabeans, Peas or Green Beans cut the green beans to match the size
- 1 pint Cherry Tomatoes halved
- 1 tbsp Garlic minced
- 2 tbsp Italian Parsley minced
- 2 tsp Thyme picked
- 3 tbsp Extra Virgin Olive Oil
- Salt & Pepper to taste

Pan Seared Blue Catfish

- 4 each Blue Catfish Filets 6 oz
- 3 tbsp Extra Virgin Olive Oil
- Salt & Pepper to taste

Instructions

Maryland Succotash

1. Heat olive oil in a large saute pan or cast iron skillet
2. Saute the garlic, corn, onions, beans & cherry tomatoes
3. Once the vegetables have been slightly browned, stir in the herbs & season to taste
4. Garnish with some sliced radish and thyme sprigs

Pan Seared Blue Catfish

1. Heat olive oil in a cast iron skillet & place the fish in the pan skin side down first
2. Season the top with salt and let the fish sear for 3-5 minutes until golden brown
3. Flip the fish, season with salt & pepper, then finish in the oven at 350° until the internal temperature of the fish is at least 145°
4. Serve on top of Maryland Succotash