

Blue Catfish Tacos

Author: Chef Kevin Cauthorne

Ingredients

- 1/2 Tbsp fresh diced garlic
- 1 Tbsp white vinegar
- 8 oz. fillet of blue catfish
- 1 Tbsp vegetable oil
- 1 large Beefsteak tomato diced
- 1 Tbsp cumin
- 1/2 Tbsp salt
- 1/2 Tbsp soy sauce
- 6 corn tortilla shells

Instructions

1. Mix fresh garlic with vinegar and let sit for 15 minutes.
2. Mix diced tomato, cumin, soy sauce, and the garlic/vinegar mixture together and refrigerate.
3. Pre-heat oven to 500 degrees.
4. Season the best looking side of you fillet with salt and cracked pepper.
5. Heat an oven-safe saute pan on high.
6. Pat fish dry with a paper towel.
7. Heat oil until it is shimmering and moving around the pan quickly.
8. Fire fish by dropping away from you, seasoned side down.
9. Lightly season other side of fillet while in pan.
10. After 1-2 min gently shake pan to see if fish has released. If fish remains stuck wait longer.
11. Flip fish with a metal spatula and sear the other side for 15 seconds.
12. Remove pan from heat and place in preheated oven until fish flakes with a fork, about 2-3 more minutes.
13. Warm your taco shells in the microwave.
14. Double up your taco shells and fill with lettuce, tomato salsa, and 1/3 of your fish.