

Catfish Stew

From the Kitchen of [Deep South Dish](#)

INGREDIENTS

- About 6 medium catfish filets, cut in large chunks
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped celery
- 1 tablespoon minced garlic
- 1 quart seafood stock* (Kitchen Basics recommended)
- 1 (28-ounce) can whole tomatoes
- Pinch granulated sugar, optional
- 2 medium russet potatoes, peeled and cubed
- 1 medium bay leaf
- 1/2 teaspoon kosher salt
- 1/4 to 1/2 teaspoon of Cajun seasoning (like Slap Ya Mama), or to taste, optional
- Couple dashes Worcestershire sauce
- 1 teaspoon dried parsley
- 1/2 teaspoon dried thyme, crushed
- Old Bay seasoning, to taste
- Couple dashes hot sauce or dried red pepper flakes, optional, to taste
- Hot, steamed rice
- 1 green onion, sliced, for garnish

INSTRUCTIONS

1. Heat oil and butter in a Dutch oven and sauté the onion, bell pepper and celery until tender, about 5 minutes. Add garlic and. cook another minute,
2. Add seafood stock, tomatoes and sugar. Stir in the potatoes, bay leaf, salt, Cajun seasoning, and Worcestershire sauce, bring mixture to a boil, reduce to a low simmer, cover and cook for 30 minutes.
3. Stir in parsley, thyme and hot sauce; taste stew and adjust seasonings.
4. Cut fillets into large chunks, add to pot, sprinkle with Old Bay, stir, cover, and simmer on medium low until fish flakes apart easily, about 20 to 25 minutes. Serve in a deep bowl over hot steamed rice and garnish with green onion.

NOTES:

*May substitute 1 (32 ounce) container of chicken or vegetable broth, or plain water. Although this stew typically focuses on catfish, the same fish used in coubion will work with this as well. Redfish, red snapper, grouper, trout, cod, or tilapia are all good choices.

<https://www.deepsouthdish.com/2021/11/catfish-stew.html>