



CHRISTOPHER CREEK

Spice Company

Mid-Week Meals

Blackened Catfish with Apple Jícama Salad

Makes 4 Servings

Pork Rub
4 Catfish Fillets
Canola Oil
1 cup Roma Tomatoes chopped
1 cup Red Onion chopped
2 ears of Corn
1 can Black Beans drained
3 Apples peeled & julienned
1 medium Jícama peeled & julienned
2 tablespoons Cilantro chopped
1 Lemon juiced
2 tablespoons Olive Oil



In a large bowl add the [julienned](#) (cut into long thin strips) apple, jícama, cilantro, lemon juice and olive oil. Mix well and cover with plastic wrap. Keep in refrigerator for 1-3 hours.

Lightly coat the catfish fillets with canola oil and liberally season with Pork Rub. Cover with plastic wrap and keep at room temperature for 10 minutes.

Preheat oven to 375 degrees.

Bring a sauté pan to medium-high heat. Add 1 tablespoon canola oil, corn kernels, onion and cook until browned...about 10 minutes. Then add tomatoes, 1 tablespoon Pork Rub and cook an additional 5 minutes. Turn heat to low and add the black beans. Cover and keep warm.

Bring a large cast-iron skillet or heavy sauté pan to a very high heat.* The pan needs to be very hot to achieve good blackening. Before adding the catfish to the pan turn on the hood fan. Turn on hood fan and carefully add catfish to pan. Cook 2 minutes per side and place pan in preheated oven for 10 minutes. *This can also be done outside by placing cast-iron skillet or sauté pan over a hot grill.

Serve with the chilled apple jícama salad for a cooling refreshment...Enjoy!

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