



CHEF TORVAROUS WELLS'

# CATFISH CADIANA

## CRAWFISH & SHRIMP CREOLE SAUCE

8 oz	unsalted butter divide in half	4 oz	smoked gouda
4 oz	chopped garlic divided	4 oz	blanco american cheese
½ c	chopped bell pepper	2 qt	½ & ½ cream
½ c	chopped yellow onion	1 c	flour
1 tsp	kosher salt	1 oz	canola oil
1 tsp	black pepper	½ c	dry white wine
¼ tsp	cajun spice	½ lb.	crawfish tail meat
¼ tsp	dry dill spice	½ lb.	peeled & deveined tail off shrimp

Bring cream to boil, reduce heat to low and add cheese. Stirring occasionally, in another pan, add roux to cheese sauce until desired consistency. Next, season shrimp and crawfish with spices. Next, oil sauté pan with oil on medium high, add garlic, bell pepper, onion, crawfish & shrimp after a couple minutes add wine. Cook seafood opaque. Drain any oil, add to cream sauce.

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## CATFISH

2 5-7oz catfish filets  
½ c hot sauce  
¼ tsp smoked paprika  
2 c flour  
2 c cornmeal  
pinch salt & pepper mixture  
use a deep fryer or pot for frying

Mix dry ingredients together. In another bowl mix hot sauce & catfish. Check fryer oil for desired temperature. Dredge catfish into dry mixture and cover well. Shake off excess mixture. Begin frying until desired temp (145 degrees), drain excess grease from fish. Plate & top with seafood sauce.