



**SIMMONS
FARM RAISED
CATFISH**

Poached Catfish with Fresh Mango Salsa



INGREDIENTS

CATFISH

2 Simmons 5-7 oz. Fillets
Salt and pepper to taste

POACHED LIQUID

2 1/2 cups water
1/2 cup dry white wine
1 tablespoon whole peppercorns
2 garlic cloves
1 bay leaf
4 to 5 sprigs of herbs: parsley, rosemary, chives,
tarragon

FRESH MANGO SALSA

1 cup fresh mango, diced
1 cup fresh pineapple, diced
1/2 medium red onion, finely diced
1/2 jalapeño, seeded and finely diced
1 cup canned black beans, rinsed
1/2 fresh lime, juiced
1/2 cup grape tomatoes, halved
1 tablespoon fresh cilantro, roughly chopped
Salt and pepper to taste

Prep Time: 15 m

Cook Time: 20 m

Ready in: 35 m

Servings: 2

1. To make Fresh Mango Salsa, combine all ingredients and season to taste.

2. Place all poaching ingredients into sauté pan; bring to rolling boil. Reduce heat to simmer.

3. Sprinkle fillets with salt and pepper.

4. Gently place catfish into liquid; cover and cook approximately 4 to 5 minutes or until white and flaky.

5. Carefully remove catfish from poaching liquid with slotted spatula and place on serving platter. Spoon Fresh Mango Salsa over top of fish and serve.
