

Simmons Catfish Bahn Mi *by Restaurant Tyler*



SERVINGS: 20 slider-sized sandwiches

Simmons Catfish Fillet Bites dredged in corn meal, deep-fried, and served on French Bread with shaved ham, sesame cilantro tartar sauce and pickled onion, carrot and cucumber.

SIMMONS CATFISH BAHN MI

4 lbs Simmons Catfish Fillet Bites (or you may also use Simmons Catfish Fillets cut into 1 oz. pieces).
5 Gambino French Bread loaves (or equivalent).
20 slices of your favorite prosciutto, capicola, culatello or speck ham.
1 pint jar thinly sliced onions.
1 pint jar thinly sliced carrots.
1 pint jar thinly sliced cucumber.
Corn meal.

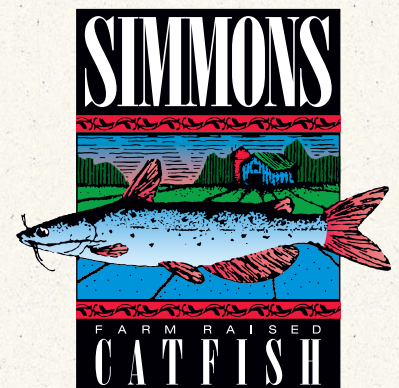
SESAME CILANTRO TARTAR SAUCE

4 cups mayonnaise.
2 tablespoons raw garlic (minced).
1/4 cup oil.
1/4 rice wine vinegar.
2 lemons (zested and juiced).
4 limes (zested and juiced).
1 tablespoon sesame oil.
1/2 cup fresh cilantro.
1 tablespoon crème de tartare.
2 tablespoons sambal.
1 teaspoon kosher salt.

PICKLING LIQUID

1 tablespoon pickling spice.
10 whole cloves.
1/4 teaspoon anise seeds.
1/4 teaspoon cinnamon (ground).
1/4 teaspoon cumin (ground).
10 garlic cloves (raw, whole).
8 cups apple cider vinegar.
10 chiles de arbol.
8 limes (juiced).
4 tablespoons granulated sugar.
4 teaspoons kosher salt.

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FRIED SIMMONS CATFISH BITES

Toss wet Simmons Catfish Bites (or Simmons Catfish Fillets cut into 1 oz. pieces) straight into yellow corn meal until thoroughly coated and dry to the touch. Heat oil to 350 degrees and fry until golden brown with an internal temperature of 160 degrees. Frying these smaller pieces of catfish should take no longer than five minutes.

SESAME CILANTRO TARTAR SAUCE

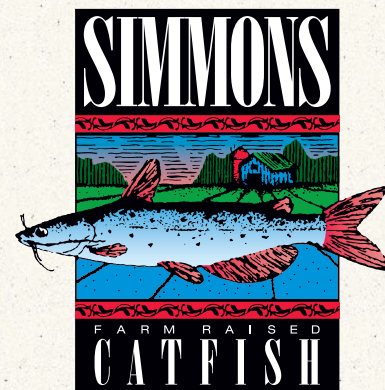
Slowly toast the raw garlic in the oil until it turns blonde. Add the citrus zest and deglaze with the rice wine vinegar. Combine all the ingredients into the food processor and blend until smooth. Refrigerate until use. Best made at least one day prior to use.

PICKLED VEGETABLES

Start with whole garlic cloves and chiles in a hot, dry sauce pan. Once they start to scorch, add all of the spices except for the salt and the sugar. Rotate off and onto heat for a few minutes until the spices are very fragrant. Deglaze with lime juice and add the rest of the ingredients (including lime bodies). Bring mixture to a boil. Reduce heat and allow to steep for 30 min. (No reduction). Strain mixture and while still hot, pour over your 1 pint jars of sliced onions, carrots and cucumber. Allow the pickled vegetables to sit in the liquid for a minimum of 24 hours before serving. The pickled vegetables will keep almost indefinitely in the refrigerator.

ASSEMBLING YOUR BAHN MI SANDWICHES

Slice your french bread loaves into slider-sized buns (typically one 12 inch loaf will make about 4 sandwiches). Coat your french bread with Sesame Cilantro Tartar Sauce and place 2 to 3 pieces of fried catfish on the bread. Top with pickled onions, carrots, and cucumbers and with 1 or 2 slices of prosciutto or your choice of aged Italian ham.



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