

# Southwest Blue Catfish & Potato Hash

Servings: 4 people Author: Ricky Rice Chef

## Ingredients

- 1 Yellow Onion Medium Diced
- 1 Bell Pepper Medium Diced
- 2 Large Idaho Potato Peeled & Medium Diced
- 2 Garlic Cloves Minced
- 2 Fresh Corn on Cob Cut off the Cob
- 1 small can Black Beans
- 1 lb Blue Catfish Cut into Large Chunks
- 1 tbsp Ground Cumin
- 1 tbsp Ground Coriander
- 1 tsp Chili Powder
- 4 tbsp Cilantro Minced To Taste
- Salt & Pepper

## Instructions

1. Place Potatoes in a pot of cold & salted water. Bring them to a boil and then turn the heat to a simmer. Cook the potatoes until they are fork tender and still "al dente". Shock in ice water, strain, & allow them to dry.
2. Heat oil in a saute pan, sear the catfish on all possible sides. Take out of the pan and set aside.
3. In the same saute pan, brown the onions, peppers, & garlic. Add the potatoes, corn, beans, and spices. Saute on high heat to get caramelization on everything and to toast the spices.
4. Lastly, add the fish into the hash and cook for an additional few minutes to cook the catfish fully.
5. Season to taste, & top with chopped cilantro