



Seven-Spice Catfish Tacos

BY CHEF ASHA GOMEZ

SERVES 2

KNOW AHEAD:

Some folks find that catfish tastes “muddy,” but contrary to popular belief, this taste comes not from catfish literally eating mud on the bottom of rivers and lakes, but from a naturally occurring chemical compound called geosmin found in many freshwater lakes and rivers. For the “cleanest” tasting catfish, be sure to look for U.S. Farm Raised catfish, which are bred in a more controlled environment. Asha likes [Simmons Catfish](#) 7, shipped fresh from Yazoo City, MS.

INGREDIENTS →

1 Seven Spice Catfish Tacos

Seasoning Card:

- ½ tsp (1 pod) Cumin Powder
- ½ tsp (1 pod) New Mexican Chili Powder
- ½ tsp (1 pod) Wild Celery Seed
- ½ tsp (1 pod) Thyme
- ½ tsp (1 pod) Mediterranean Oregano
- ½ tsp (1 pod) Sweet Paprika
- 1 tsp (2 pods) California Garlic Powder

FRESH

- ½ cup thinly sliced purple cabbage
- ½ cup thinly sliced carrot
- 2 Tbsp chopped fresh parsley
- 1 garlic clove
- 1½ tsp lime juice
- 4 Tbsp unsalted butter
- 2 catfish fillets, about 2 inches thick and ½ lb each, cut into 2-inch pieces

PANTRY

- 1½ tsp honey
- 1 tsp olive oil
- 1½ tsp salt, divided
- 1½ tsp nice black pepper
(Check out our Pepper Sampler!)
- 1 Tbsp vegetable oil
- 6 small corn tortillas

SUBSTITUTIONS →

CATFISH: Cod, snapper or any solid fish that is not flaky

CORN TORTILLAS:

Flour tortillas

FRESH PARSLEY: 1 tsp dried parsley

VEGETABLE OIL: Canola oil

SERVE WITH →

- Optional garnishes: lemon wedges
- Beans and rice

INSTRUCTIONS

- 1. MAKE THE SLAW:** Combine the cabbage, carrots, and parsley in a bowl. In a small bowl, whisk together the garlic, lime juice, tsp honey, olive oil, ½ tsp salt, and 1 Cumin pod. Pour the dressing over the slaw and toss to combine.
- 2. MAKE THE SPICE MIX:** In a medium bowl, mix together black pepper, 1 tsp salt, and remaining spice pods – 1 New Mexican Chili Powder pod, 1 Wild Celery Seed pod, 1 Thyme pod, 1 Mediterranean Oregano pod, 1 Sweet Paprika pod and 2 California Garlic Powder pods.
- 3. SEASON THE CATFISH:** Melt butter in a small bowl and dip each fish fillet in the butter, coating each side. Place the coated fillets in the bowl with the spice mix and gently toss to coat each fillet in the spice mix.
- 4. COOK THE CATFISH:** Heat a large cast-iron skillet over high heat and let the skillet heat for 2-3 minutes, without any oil in the skillet, to get it very hot for a blackened texture on the fish. Add vegetable oil to the skillet and swirl the pan to coat. Place each catfish piece in the skillet, generously spaced so you have enough room to flip them. Let the fish cook for 2 minutes and then, using a slotted spatula, flip each fillet and let cook for 2 minutes on the opposite side before removing from the skillet. Allow the catfish to cool for a few minutes.
- 5. PLATE:** Arrange 2 plates with 3 tortillas each. Place a few pieces of catfish on each tortilla, along with the slaw. Squeeze a lemon wedge over each taco and eat until *occo!*

OUR NAME COMES FROM THE ITALIAN WORD *ABBIOCCO*, WHICH ROUGHLY TRANSLATES TO THAT SLEEPY FEELING YOU GET AFTER A BIG, DELICIOUS MEAL. PUT ANOTHER WAY, "FOOD COMA." OUR RECIPES ARE DESIGNED TO CHASE THAT DREAMY, SLIGHTLY DROWSY FEELING AFTER AN A+ MEAL.

Eat until *occo!*