

Catfish Boudin



Ingredients

- 100% catfish fillets, trimmed and cut into ½" chunks
- 15% celery, diced fine
- 5% garlic, minced
- 25% onion, diced fine
- 25% bell pepper, seeded, diced fine
- 5% jalapeno, seeded, diced fine
- 0.35% fresh parsley, minced
- 0.5% paprika
- 0.25% cayenne
- 0.2% dried oregano
- 200% cooked Carolina Gold or other white rice, room temp or warmer
- Hog casings, rinsed and soaked

Info

- **Prep:** 1 hour
- **Cook:** 15 min
- **Serves:** 6
- [Source](#)

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Directions

1. Heat a large saute pan to medium heat. Add oil and sweat onions and garlic until fragrant, about 3 minutes. Add in celery, cook for 2 minutes, then add peppers and spices. Continue cooking until peppers start to get tender, about 3 minutes.
2. Season catfish with salt and pepper, add to pan, stir to ensure even cooking, and remove from

heat when catfish is cooked through, about 4-6 minutes.

Pour contents of pan into a large bowl with rice, mix well, and adjust salt, pepper, and spice as needed. While the mixture is still warm, load it into the sausage stuffer and pipe into casings. Twist into 4-6" links. Oil well and grill, broil or saute to crisp up casing. Serve with hot mustard or add to your favorite cajun dish.

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Last update: **2024/01/07 13:33**

