

# CATFISH AVRIEL

5/20/2025

Plate: Green Rectangle

To Go: 1 Compartment

## STEP #1: INGREDIENTS

**1 each Catfish Filet 7-9wz**

**To Brush Vegetable Oil**

**6 shakes Seafood Seasoning**

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**1/2 each Grilled Lemon**

## STEP #2: INGREDIENTS

**1 each Redfish Avriel Cup**

**To Glaze Fish Glazing Butter**

## SETUP / GARNISH

**1 TBL Basil Ribbons**

**1 each Choice of Side**

## STEP 1: TO COOK

1. Cut Lemon in half crosswise.
2. Place the catfish filet flat down on a metal 1/4 size sheet tray.
3. Brush the rounded side of the filet vegetable oil.
4. Flip the filet so that the rounded side is now down, and brush the flat side with vegetable oil.
5. Sprinkle **6 shakes** of seafood seasoning "**coast to coast**" on the flat side of the filet.  
**NOTE: The flat side of the filet must be evenly and completely coated with seasoning. It is acceptable to apply additional shakes to ensure that the filet is completely coated "coast to coast".**
6. Flip the filet over so that the seasoned flat side is down, and sprinkle **6 shakes** of seafood seasoning "**coast to coast**" on the rounded side of the filet.  
**NOTE: The rounded side of the filet must be evenly and completely coated with seasoning. It is acceptable to apply additional shakes to ensure that the filet is completely coated "coast to coast".**
7. Brush the grill with oil to ensure that the filet does not stick to the grates.
8. Place the rounded side of the filet on the grill with the head of the filet at 10 o'clock on the hottest part of the grill and the tail towards the cooler part of the grill. Also place the 1/2 cut lemon on the flattop, ensuring that the cut side of the lemon makes good contact with the surface of the flattop.



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9. Grill the filet until score marks appear a **bronze/ light brown**, then rotate the filet so that the head of the filet is at 8 o'clock on the hottest part of the grill. Do not flip.
10. Once **bronze/ light brown** diamond score marks are achieved, gently flip the catfish filet flat side down.

**NOTE: Majority of the cooking will take place on the flat side of the filet.**

**NOTE: The lemon can be removed from the flattop once it has a complete visual char.**



#### STEP 2: TO COOK

1. Using a brush, glaze the rounded side of the filet with melted butter.
2. Allow to cook undisturbed until completely done. The fish is cooked when the thickest part of the filet leaves an indent when pressed.
3. Pop the top of the Redfish Avriel Cup to vent, then place the Redfish Avriel Cup in the microwave and heat for **1 1/2 minutes**. Once the timer sounds, reseal the top, and shake to distribute the sauce with the other ingredients.

#### SET UP / GARNISH

**Reference the attached pictures for plating setup and garnishing.**

**NOTE: Remove the cooked filet from the grill, and place the filet in the center of the plate with the head at the top right corner and the tail at the bottom left corner of the plate.**

**NOTE: Mound the contents of the Redfish Avriel Cup onto the center of the fish, ensuring the majority of the ingredients are mounded as high as possible, and the remainder of the sauce cascades toward the top left and bottom right corners of the plate.**

**NOTE: Sprinkle the basil over the top of the entire fish and sauce, while keeping it off the plate.**

**NOTE: Place the grilled 1/2 lemon on the plate above the left of center of the filet with the bronzed side facing the guest.**

**NOTE: The side item is served off the plate.**

