

CARIBBEAN CATFISH

4/4/2025

Plate: Blue Bowl OR Black Crackle

To Go: 1 Compartment

STEP #1: INGREDIENTS

1 each Catfish Filet 7-9wz

To Brush Vegetable Oil

6 shakes [Caribbean Spice Blend](#)

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STEP #2: INGREDIENTS

1 each [Fried Plantains Portion \(5wz\)](#)

STEP #3: INGREDIENTS

1vz [Dark Rum Beurre Blanc Base](#)

#60 scoop REAL Butter (COLD, NOT SEMI SOFTENED)

SETUP / GARNISH

1/4 cup [Rotisserie Charred Pineapple](#)

1 TBL [Southwest Herbs](#)

1 each Lime Wedges

1 each Choice of Side

STEP 1: TO COOK

1. Place the catfish filet flat side down on a metal 1/4 size sheet tray.
2. Brush the rounded side of the filet with vegetable oil.
3. Flip the filet so that the rounded side is now down, and brush the flat side with vegetable oil.
4. Sprinkle 6 shakes of Caribbean Spice Blend "**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".
5. Flip the filet over so that the seasoned flat side is down, and sprinkle 6 shakes of Caribbean Spice Blend "**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".
6. Brush the grill with vegetable oil to ensure that the filet does not stick to the grates.
7. 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.

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8. 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.
9. Once **bronze/ light brown** diamond score marks are achieved, gently flip the filet flat side down.

STEP 2: TO COOK

1. Allow the filet to cook undisturbed until completely done. The fish is cooked when the thickest part of the fillet leaves an indent when pressed.
2. Place the fried plantains into a fryer basket , lower the fryer basket into the oil, **fry for 1 1/2 minutes**, then drain on a sav-a-day. **SET A TIMER!!**

STEP 3: TO COOK

1. Stir the 1/6 pan of Dark Rum Beurre Blanc Base, to ensure that the sauce is fully incorporated and not separated.
2. In an amber 1/9 pan, ladle 1vz of the Dark Rum Beurre Blanc Base, and microwave for **30 seconds**. Once heated, add the butter to the heated sauce, and stir until the butter is fully incorporated.

NOTE: Batch Recipe: In a skillet, add equal number of ladles to the number of butter scoops. Heat gently, and stir to emulsify. Hold in a double boiler on the flat top or in the steam well. Discard at the end of each shift.

SET UP / GARNISH

Reference the attached pictures for plating setup and garnishing.

1. Place the fried plantains into the center of the bowl.
2. Remove the cooked filet from the grill, and place it on top of the fried plantains.
3. Pour the heated Dark Rum Beurre Blanc over top the center of the fish filet so that it cascades perpendicular to filet.
4. Place the Rotisserie Charred Pineapple over the center of the fish.
5. Sprinkle the Southwest Herb evenly over the entire dish.
6. Place the lime wedge leaning on the side of the filet.
7. The side item is served off the plate.

