

CHEF JENNIFER CARROLL'S

BLUE CATFISH RILETTE

Usually rillettes are made from pork, cooked slowly in fat until it is tender enough to be easily shredded and form a spread-like consistency. Pulling in flavors and influences from the Mediterranean coast of France, this recipe uses the less fatty catfish as a delightful substitute. Serve it with crusty bread on a salad or serve on its own to fully enjoy its smoky tenderness. You could easily substitute any whitefish in this recipe.

SERVES 4 - 6

- 1/4 log Japanese smoke apple wood (or 1/4 cup of apple wood chips)
- 1 skinless blue catfish fillet, cut into 1" pieces
- 2 cup dry white wine
- 2 cup water
- 1 Tbsp minced shallot
- 1 Tbsp minced garlic
- 3 oz smoked salmon, cut into 1/4" pieces 1/4 cup sour cream
- 1/4 cup mayonnaise
- 1/4 cup fresh squeezed lemon juice
- 1 Tbsp thinly sliced fresh chive
- 1 Tbsp thinly sliced fresh parsley
- 1/2 Tbsp thinly sliced fresh tarragon
- 1 tsp fine sea salt
- 1/2 tsp freshly ground white pepper

Set smoke log on fire, blow out flames to just have smoldering embers, then place into a smoker.

Season the catfish fillets with salt and white pepper and smoke for 20 minutes.

While fish is smoking, bring the wine, water, shallot and garlic to a boil in a saucepan over high heat. Reduce to a simmer; add catfish immediately from the smoker. Gently poach until catfish is opaque in the center, about 5-7 minutes.

Remove catfish from poaching liquid and transfer to a paper towel-lined plate to drain.

Strain poaching liquid through a fine mesh sieve; discard liquid and set aside garlic and shallot.

Chill the catfish, garlic and shallot completely.

Once chilled, place catfish, garlic, shallot, smoked salmon, sour cream, mayonnaise, chive, parsley and lemon juice in a big bowl and mix gently to break up the catfish.

Season with salt and white pepper. Enjoy.

