

Catfish Chowder

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2 T olive oil	2 T parsley
1 medium onion, chopped	1 T dill
1 stalk celery, diced	1 t thyme
2 garlic cloves, minced	1 bay leaf
½ t red pepper flakes	1 lb. catfish, chopped into bite-sized pieces
4 C seafood stock	1 lb. frozen corn, thawed
15oz. can of tomato sauce	

In a large pan over medium heat, sweat onion, celery, and garlic in olive oil until tender, about 5 minutes. Add seafood stock, tomato sauce, parsley, dill, thyme, bay leaf, red pepper flakes, salt & pepper. Simmer for 15 to 20 minutes, until flavors blend. The chowder can be held at this point until ready to serve.

When ready to serve, bring chowder back to a simmer. Add catfish and corn. Simmer for 5 minutes. Salt and pepper to taste.

Serves 4