



CHESAPEAKE CATFISH STEW

THE **Farmers Market**
AT MARYLAND



[Serves 6]

INGREDIENTS

- » 2 tsp garlic, minced
- » 2 tbsp olive oil
- » 1½ cup celery, chopped
- » ½ cup carrots, chopped
- » ½ tsp kosher salt
- » ¼ tsp black pepper
- » 28 oz chopped tomatoes
- » 1 qt fish stock
- » 1 lb potato, peeled and medium diced
- » 2 bay leaves
- » 1½ lb Chesapeake wild blue catfish, 1" diced

PREPARATION

1. Heat oil on medium in a large heavy soup pot. Add onions, carrots, celery, and ¼ tsp of salt. Allow onion to cook until translucent.
2. Add garlic and allow to cook about 1 minute, then add tomatoes. Stir often until tomatoes have cooked down (about 10 minutes).
3. Add fish stock, diced potatoes, bay leaves, and more salt to taste. Bring to a boil and then reduce to a simmer for 20 minute or until potatoes become tender.
4. Remove bay leaves and adjust seasoning with pepper and more salt if needed.
5. Dice raw fish and add into stew. Allow to simmer for 10 minutes or until fish flakes with a fork.
6. Turn off heat and adjust seasoning before serving.



NOTE: clam juice or chicken stock can be used in place of fish stock



CHESAPEAKE CATFISH STEW

THE **Farmers Market**
AT MARYLAND



the **Wide Net**
project 

WHY WILD BLUE CATFISH?

Eating wild blue catfish helps restore the Bay. Blue catfish eat a varied diet that includes almost all other sea life in the Bay—crustaceans, worms, other fish, river herring, and Maryland blue crabs. In some tributaries they have eaten almost all other fish and plants available; buying wild blue catfish helps allows those fish and plants to regenerate, a natural way to restore the balance of the Bay.

It's a healthy protein. The hardest foods to get and sell at an affordable price are lean, healthy, animal proteins. Fish is much harder to acquire and safely store than food grown on plants.

It is inexpensive. Wild blue catfish costs less than any other locally sourced fish. This is because fishers can easily and efficiently catch them in large quantities, and such volume means lower costs.

It is delicious. Wild blue catfish has a mild, sweet flavor. Because it has taken over many tributaries and no longer is exclusively a bottom-dweller, the taste is clean and delicate. It is a great substitute for farm-raised tilapia imported from across the country or around the world, or any other white fish.

It is sustainably caught. The nets and traps used when fishing have almost no by-catch (the unwanted fish that die when caught during commercial fishing for a different species). In part because of this, in March of 2013, wild blue catfish from the Chesapeake earned the prestigious green rating (the highest) from Seafood Choices, the Blue Ocean Institute's rating system for consumption of wild sea food.