



CHESAPEAKE BAY BLUE CATFISH WITH MANGO SALSA

THE **Farmers Market**
AT MARYLAND



[Serves 3]

INGREDIENTS

- » 4 4oz Chesapeake cat fish skinless filets
- » 2 tbsp vegetable oil
- » ½ tsp kosher salt
- » ¼ tsp pepper
- » 2 cups mango [med chopped]
- » 1 red onion [med chopped]
- » ½ cup cilantro
- » ¼ cup jalapeño [diced]
- » 2 tbsp fresh lime juice
- » 4 tbsp blended oil

PREPARATION

1. Combine mango, onions, cilantro, and jalapeño peppers in a bowl.
2. Stir in lime juice and oil.
3. Taste and adjust seasoning with salt and pepper.
4. Place in refrigeration for 20–30 minutes while you prepare the fish.
5. Place a sauté pan on medium heat and add oil.
6. Place fish portions out on paper towels to dry up excess moisture.
7. Brush fish with light coating of oil and lay back on a plate.
8. Sprinkle with salt and pepper on both sides.
9. When oil is hot, place seasoned fish away from you in pan to avoid splashing of oil.
10. Sear fish until golden brown [about 3 minutes]. Adjust heat to avoid burning. Flip fish and continue to cook on other side for about 3 minutes.
11. When fish is cooked, remove and place on plate to rest for about 2 minutes.
12. Plate fish and top with mango salsa and serve immediately.





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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.