



Catfishin' Burritos

Yields: 4 servings

Total Time: 40 Minutes

Now, when you're an up-and-coming artist, you need to be pretty versatile. Maybe you play the guitar, but you gotta know how to set up an amp, too. You might be a painter, but you need to know how lighting works, too. To respect that part of the game, we wanted to bring in one of our favorite proteins, the mighty catfish. Super versatile, we like fryin' 'em, grillin' 'em, and they're great in a buttered pan. It also gives us those Southern blues vibes, which always feel good. We flavor 'em up in a simple cilantro lime marinade, sear 'em, then stuff 'em into a great little burrito with some bangin' rice and black-eyed peas, pickled red onions, sweet chili Doritos, and some shredded jack cheese. Burritos are great for rockin' out to live music, eatin' on the go, and they fit great in a purse or a backpack, too.

Ingredients Overall

- Cilantro lime marinade (instructions/ingredients below)
- Cajun beer rice (instructions/ingredients below)
- Pickled red onions (instructions/ingredients below)
- 2 large catfish filets
- 16 oz stewed black-eyed peas (instructions/ingredients below)
- 16 oz Monterey jack cheese
- 8 oz. garlic lime sour cream (just mix in ½ Tbsp granulated garlic and ½ Tbsp lime juice into your sour cream)
- 1 bag of spicy-sweet chili Doritos
- 4 large flour tortillas

Ingredients for Cilantro Lime Marinade

- ⅓ C finely chopped fresh cilantro
- The juice of 3 fresh limes
- 2 C extra virgin olive oil
- 4 smashed fresh garlic cloves
- 2 tsp coarse sea salt
- 1 tsp freshly ground black pepper



- ½ tsp chili powder
- ½ tsp cumin

Directions for Cilantro Lime Marinade

- Mix all the ingredients together

Ingredients for the Cajun Beer Rice

- 2 C long-grain rice
- 4 C amber beer (we like Abita here)
- 3 Tbsp butter
- 1 Tbsp cajun seasoning
- 1 Tbsp dried parsley
- Salt and pepper to taste

Directions for the Cajun Beer Rice

- Pour the beer, the butter, Cajun seasoning, salt, pepper, and parsley into the rice and simmer for 20 minutes
- Fluff with a fork

Ingredients for Pickled Red Onions

- 1 red onion, sliced into thin rings
- ½ C water
- ¼ C distilled white vinegar
- ¼ C apple cider vinegar
- 1 ½ Tbsp honey
- 1 ½ tsp fine sea salt
- ¼ tsp crushed red pepper

Directions for Pickled Red Onions

- Place the onions in a 1-pint jar or plastic container
- In a saucepan, over medium heat, add all the ingredients and simmer for 3 minutes
- (Carefully) pour the mixture over the onions



- Let cool for a half hour...
- They can be eaten right away, or stay in the fridge for 3 weeks

Ingredients for the Stewed Black-Eyed Peas

- 2 cans of black-eyed peas
- 16 oz of chicken broth
- ¼ shredded onions
- 1 tsp granulated garlic
- 1 bay leaf
- ¼ tsp cayenne pepper
- Salt and pepper to taste

Directions for the Stewed Black-Eyed Peas

- Add all ingredients to a saucepan
- Bring to a boil
- Let simmer for 35-40 minutes
- Remove the bay leaf
- Drain any excess liquid

Directions

- For at least 30 minutes, max an hour, marinate the catfish
- While the fish soaks, mix in the beans and rice evenly
- Once your kitties are marinated, pat dry with paper towels
- You can grill the catfish, or sauté it in a pan, 2-3 minutes each side, until it is flaky and nice
- Place your tortilla
- Add a layer of rice and beans
- Add half of a catfish for each burrito
- Add a layer of cheese
- Add a dollop of sour cream, and spread it evenly
- Add a layer of the Doritos
- Take the sides of the tortilla and fold them inwards toward the center
- Fold the bottom up, the side closest to you, and fold it over the fillings

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- Hold the sides in place with your thumbs and roll the burrito away from you
- As you roll, ensure everything stays touched in
- Fold the ends slightly inward
- You can throw it on the grill or in a pan if you want
- Slice the burrito in half diagonally
- Rock out with your catfish out