

Stuffed catfish with stone ground grits, wilted spinach and blistered tomatoes.

2 fillet of catfish

Season with

½ t onion powder

½ garlic powder

½ old bay

Salt and pepper to taste.

Filling

1 cup ricotta cheese

½ cup parmesan

Juice of 1 lemon

Zest of 1 lemon

Stone ground grits

1 cup cream

3 cups water

4T butter

1 cup parmesan

¼ mascarpone cheese

2 sprigs thyme

2 cups wilted spinach

1 cup blistered cherry tomatoes

First start by beginning to cook your grits, even instant grits take at least 45 minutes. Add cream and water into a medium saucepan and bring liquid to a gentle boil. Whisk your grit in nice and slow, lower the heat and cook the grits for 30 min.

When your grits are tender creamy, now you add cheese, mascarpone and thyme. Put to the side and let cook very low,

Next make your filling for stuffing your catfish. Add ricotta, parmesan and lemon. Lay out your seasoned catfish, add your filling and roll each piece of fish, use a toothpick to keep the fish from unrolling. Allow the fish 2 hour rest. Cook the fish 15 min on 375o .

Lastly put your warm grits down, next comes your wilted spinach, your fish roulade and finish the dish with your blistered tomatoes.

