# Catfish Étouffée

(Serves 8)

## Ingredients

- 8 catfish filets
- 1 stick (8 tablespoons) butter
- 2 cups chopped onions
- 1 cup chopped green bell peppers
- 1/2 cup chopped celery
- Salt and cayenne pepper, to taste
- 1/3 cup chopped green onions
- 1/4 cup chopped fresh parsley

## Instructions

1. Melt the butter in a large saucepan over medium heat.
2. Add the onions, bell peppers, and celery and cook, stirring, until the vegetables are soft and golden, 8 to 10 minutes.
3. Season the Catfish filets with salt and cayenne.
4. Add the seasoned catfish filets and cook 4 to 5 minutes
5. Season with salt and cayenne.
6. Garnish with a sprinkling of green onions and parsley

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