



**SIMMONS
FARM RAISED
CATFISH**

New Year's Day Catfish Gumbo



INGREDIENTS

2.5 lbs. Simmons Catfish Fillets (about 10)
or Bites, cut into 1-inch cubes
¼ cup vegetable oil
¼ cup all-purpose flour
2 ribs celery, finely chopped
1 green bell pepper, stems, seeds, and ribs
removed, finely chopped
1 red bell pepper, stems, seeds, and ribs removed,
finely chopped
½ yellow onion, finely chopped
2 gloves garlic, minced

2 teaspoons creole seasoning (Tony's Chachere's
Creole Seasoning)
½ teaspoon dried thyme leaves
4 cups beef broth
1 can (14.5 oz.) petite diced tomatoes, drained
1 package (12 oz.) frozen sliced okra, thawed
2 bay leaves
½ teaspoon cayenne pepper
½ teaspoon oregano
1 teaspoon kosher salt
rice, cooked

Prep Time: 10 m

Cook Time: 1 h 12 m

Ready in: 1 h 22 m

Servings: 10

1. Heat oil in a large stock pot over medium heat then whisk in flour.

2. Cook, stirring constantly, until the roux is a golden brown (almost peanut butter color, about 15 minutes).

3. Add celery, green bell pepper, red bell pepper and onion. Sauté until soft, about 5 minutes. Then add garlic, creole seasoning and thyme, sauté another 2 minutes.

4. Add beef broth, tomatoes, okra, bay leaf,

cayenne pepper, oregano, and salt. Bring to boil. Reduce heat, cover and simmer 30 minutes.

5. Add catfish and continue simmering another 20 minutes or until catfish flakes easily. Remove bay leaf.

6. Serve over cooked rice with Tony's if needed.

Catfish gumbo is a tradition in the Simmons family on New Year's Day and is eaten right along with the black-eyed peas for good luck, occasionally even served for Christmas dinner with corn bread of course!