



Milk Poached Catfish

(serves 4)

1 12 oz. can evaporated milk

1 t. crab boil seasoning (recommended: Old Bay)

1/2 t. freshly ground black pepper

1 2/2 t. kosher salt

1/2 onion, thinly sliced

4 catfish fillets

Directions

Combine milk, crab boil seasoning, pepper, salt, and onion in a skillet. Cover. Bring to a simmer. Add the catfish to the liquid, spooning some of the liquid over the fillets.

Reduce the heat to low, around 140-145 degrees. Cover the skillet and poach for 6-9 minutes.