

Fresh Ginger-Plum Catfish

1 US Farm-raised catfish filet

1/4 cup sliced plums

1 tsp. ginger

2 tbl. diced red pepper

2 tbl. green onions

1 tsp. olive oil

1/4 cup flour

1/4 cup white wine

1/2 orange juice



Lightly flour the catfish and put in a hot pan with olive oil.

Brown on each side and add in the ginger and peppers and plums, and green onions.

Deglaze the pan with the white wine and orange juice and let reduce, and serve right away.

Courtesy Chef Tim Carrigan

Fernwood Café

<http://www.fernwoodbotanical.org/>