



Cajun Poached Catfish with Creole Rice

Cajun Poached Catfish

8 – Boneless Skinless Catfish Filets (6-8oz.) Cajun Seasoning

Place thawed catfish filets onto a 2" full size perforated hotel pan. Season liberally with Cajun Seasoning of your choice, or use ours! Place into preheated Steam'N'Hold™ Steamer. Set Steamer for Thermostat Mode and temperature to 180 degrees. Set timer for 15 minutes. At the end of the cooking cycle fish can be served or held for up to 1 hour.



Cajun Seasoning

1Cup - Paprika	2Tbs - Cayenne Pepper
2Tbs - File	2Tbs - Lawrey's Seasoned Salt
2Tbs - Cinnamon	2Tbs - Garlic Powder
1Tbs - Finely Ground Oregano	1 tsp - White Pepper

Creole Rice

4Cups - Converted White Rice	3Cups - Water
2Tbs - Vegetable Oil	1Cup - Cajun Seasoning
2Cups - Diced Tomato	½Cup - Chopped Green Onion
½Cup - Finely Diced Red Pepper	

Place all ingredients into a 2" full size solid hotel pan. Mix well. Place into preheated Steam'N'Hold™ Steamer. Place Steam'N'Hold™ into Fast Cook Mode. Set timer for 15 minutes. When timer sound pull pan from steamer and stir. Place pan back into Steam'N'Hold™ and cook for an additional 20 minutes. At the end of this cooking cycle stir well and you are ready to serve or hold for hours!

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