

# LYNCHBURG

is for 

# LOCAVORES

COOKING DEMONSTRATION WITH

*Frankie Nettles of Fifth & Federal*



## Catfish Ceviche

3/4 lb catfish filet (one large or two medium)  
half a medium red onion, diced  
one medium tomato, seeded & diced  
one cucumber, diced  
2 tablespoons chopped cilantro  
2 jalapeño or serrano peppers, diced (optional)  
4 limes  
salt & fresh ground black pepper  
one cucumber, sliced  
crackers or toasted bread (optional)  
your favorite hot sauce

Cut the catfish into quarter inch size pieces. Place the catfish in a flat bottom bowl and add the juice of three limes (or enough to slightly cover the fish). Cover and place in the fridge for 30 minutes to 4 hours depending on how you like your fish (I usually let it sit for at least 2 hours). The larger you cut the fish, the longer you should let it remain in the lime juice. Stir occasionally.

In a large bowl, combine the red onion, tomato, cucumber, and cilantro (and peppers if using). Remove the fish from the lime juice and add the fish to the other ingredients. Add the juice of half a fresh lime. Mix & season to taste with salt and fresh ground black pepper.

It can be served right away or held in the fridge to let the flavors meld. Liquid will build in your storage container as it sits. Periodically drain the liquid.

To serve:

Spoon about a tablespoon of the ceviche onto a slice of cucumber (or cracker or bread). Add a few drops of hot sauce & enjoy!

