



# Vietnamese Braised Catfish

Prep Time: 10 minutes  
Cook Time: 40 minutes  
Yield: 2 servings

## INGREDIENTS

1 lb catfish filets bone and skin optional  
salt to clean the fish  
2 tbsp oil  
5 cloves garlic minced  
1/2 yellow onion sliced  
1 tsp salt  
1.5 tbsp fish sauce  
About 1/2 teaspoon thick soy sauce  
1/2 cup water  
1/2 cup coconut juice (can sub with 1 cup coconut soda)  
1 chile sliced (to taste, optional)  
freshly ground black pepper or add as a final topping when serving  
Garnish  
1 green onions roughly chopped  
black pepper freshly ground  
1 red chile sliced, optional

## DIRECTIONS

1. Generously salt fish and rinse under water to clean it. Set aside to dry.
2. Add oil to a pan and sauté garlic over medium heat until lightly browned.
3. Layer onion on top, then the fish, evenly spaced.
4. Add all ingredients and turn the heat to high until boiling. Taste the sauce and adjust the seasoning.
5. Bring it to a simmer for about 20 minutes. Adjust seasoning if needed.
6. Gently flip the filets of fish over and simmer for a final 10 minutes with the lid partially covered.
7. Stand there to watch it the final 10 minutes to prevent it from burning! During this time you can continually spoon the sauce over the fish.
8. Add green onion during last 2 minutes & top with sliced chiles, and some freshly ground black pepper.

