

Caramel Coated Catfish



Ingredients:

¾ cup Water	¼ cup Fish sauce
5 Shallots, chopped	10 Garlic cloves
1 tbsp ground Pepper	¾ cup Water
¾ cup Sugar	5 lbs Catfish fillets
2 tsp Sugar	3 tbsp Lime juice
3 green Onions	1¼ cups Cilantro
Red Pepper flakes (serve on the side)	

Preparation:

Mix ¾ cup water with fish sauce, set aside.
Combine shallots, garlic, black pepper in another bowl and set aside.
Heat ¾ cup water & sugar in large skillet stirring occasionally until turns deep golden brown.
Stir in fish sauce – easy, it will sputter.
Bring to boil.
Stir in shallot mixture and cook until shallots soften then add catfish.
Cover and cook 5 min. on each side.
Catfish should easily flake.
Remove to platter and cover.
Increase heat to high and stir in 2 tsp sugar.
Stir in lime juice and any sauce from plate and simmer until reduced.
Pour over fish, garnish with green onions and cilantro.