# Poached Catfish in Court Bouillon

## Description

The classic method of poaching fish in a court bouillon imparts delicate flavors to the fish. Fish always comes out moist and succulent. This fish poaching liquid is versatile and will work with many types of fish.



## Ingredients

- 1 1/2 lbs fresh catfish filets, about 1/2 inch thick
- 1 medium onion, sliced
- 8 whole black peppercorns
- 4 whole allspice
- 1/2 lemon, sliced
- 1 bay leaf
- 1 tsp sea salt
- 1/2 cup dry white wine
- 4 qts water (enough to cover fish)
- 8 sprigs cilantro

## Summary

**Yield:** 4
**Prep Time:** 30 minutes
**Category:** Fish
**Cuisine:** French

## Instructions

**Court Bouillon (Poaching Liquid)**
Place water in a fish poacher (long, oval shaped pan). Add onion, peppercorns, allspice, lemon slices, bay leaf, salt and white wine. Bring to a boil, and then simmer for about 20 minutes.

**Poaching the Fish**
Rinse the catfish fillets and pat dry with a paper towel. Make sure there is enough poaching liquid to cover the fish. Add more water if necessary and bring to a new boil, then lower heat back down to a simmer.

Lower the fish onto the poaching tray. Cover and simmer gently until fish is just slightly translucent inside when cut at the thickest part. Poaching about 6 to 10 minutes for each inch of thickness should be about right.

When done, lift tray out of poacher and serve catfish fillets immediately. Garnish with sprigs of cilantro.

## Notes

You can save and reuse the poaching liquid, refrigerate up to 2 days, freeze for longer storage.

This classic court bouillon will work with many types of fish including Trout, Sea Bass, Cod, Flounder, Halibut, John Dory, Snapper, Tilapia, and most Salmon.