

Vietnamese Braised & Caramelized Catfish (Ca Kho)

Serves 3-5

INGREDIENTS

- 3 lbs catfish (slice into 1-1/2-inch thick steaks)
- 4 tablespoons fish sauce
- 1 tablespoon granulated white sugar (for caramel sauce)
- 1 teaspoon granulated sugar (for seasoning)
- 2 tablespoons vegetable oil
- 1 shallot (peel and mince)
- 3 cloves garlic (peel and mince)
- 1 green onion (slice thinly; separate whites/greens)
- 1 can coconut soda (can substitute with coconut juice/water, plain water or even 7-up soda)
- 1/4 teaspoon black pepper

INSTRUCTIONS

1. Marinate catfish steaks with fish sauce and 1 teaspoon sugar for at least one hour.
2. Using a wok or skillet with a lid, heat vegetable oil on medium high. Add 1 tablespoon sugar onto the oil and heat until sugar caramelizes to an amber color. Immediately, add shallot, garlic, and whites of green onion. Saute until fragrant (about 10 seconds).
3. Add marinated catfish and its marinade liquid. Toss catfish on all sides to evenly coat with aromatics and caramel sauce.
4. Add coconut soda and gently braise with a covered lid for 10 minutes. Flip fish onto the other sides and gently braise with a covered lid for an additional 10 minutes.
5. Transfer to a serving platter, making sure to scoop that delicious sauce onto the fish. Top with remaining green onions and black pepper when you are ready to serve.