

## BLACKENED CATFISH TACOS WITH MANGO CHUTNEY AND CILANTRO BLACK BEANS

FROM MASTERCHEF COOKBOOK  
MAKES 4 SERVINGS.

### CHUTNEY

- 1 ripe mango, halved, pitted, peeled, and cubed
- 1 red bell pepper, halved, cored, seeded, and chopped
- ½ onion, chopped
- ½ small jalapeño pepper, finely chopped (wear plastic gloves when handling)
- 1 clove garlic, minced
- 1 teaspoon freshly grated ginger
- 3 tablespoons packed light brown sugar
- Juice of 2 limes
- 1 teaspoon white vinegar
- 1 teaspoon balsamic vinegar
- Kosher salt and freshly ground black pepper

### BLACK BEANS

- 2 tablespoons corn oil
- ½ onion, chopped
- ½ small jalapeño pepper, finely chopped (wear plastic gloves when handling)
- 2 cloves garlic, minced
- ½ teaspoon ground cumin
- Kosher salt and freshly ground black pepper
- 1 can (15-ounce) black beans, rinsed and drained
- Juice of 1 lime
- ¼ cup chopped fresh cilantro leaves, plus more for garnish

### TACOS

- 2 tablespoons granulated garlic
- 2 tablespoons chili powder
- 2 tablespoons onion powder
- 1 tablespoon sweet paprika
- ½ teaspoon ground cumin
- 1 teaspoon cayenne pepper
- 2 (8-ounce) catfish fillets, rinsed, patted dry, and halved crosswise
- 2 tablespoons corn oil
- 8 (6-inch) flour tortillas
- ½ cup finely shredded romaine lettuce
- 1 ripe avocado, halved, pitted, peeled, and cubed
- ½ cup sour cream

I LOVE SOUTHERN COOKING, BUT I AIM FOR HEALTHIER SOUTHERN COOKING. I LEARNED A LOT JUST BY WATCHING MY FAMILY, ESPECIALLY MY GREAT-GRANDMOTHER. THE NICE THING IS I ENDED UP WINNING A CHALLENGE BY PUTTING A SOUTHERN SPIN ON VENISON.

1. For chutney, in a pot combine the mango, bell pepper, the chopped onion, finely chopped jalapeño pepper, the 1 clove garlic, ginger, brown sugar, the juice of 2 limes, and vinegars. Season with salt and black pepper. Cook over medium heat for 20 minutes or until the chutney is thickened, stirring occasionally. Remove from the heat and cover to keep warm.
2. For black beans, coat a pot with 2 tablespoons oil and place over medium-low heat. When the oil is hot, add chopped onion, finely chopped jalapeño pepper, the 2 cloves garlic, and the ½ teaspoon cumin. Season with salt and black pepper. Cook and stir for 2 minutes or until the vegetables are softened and fragrant. Stir in the beans and cook for 5 minutes longer, stirring occasionally. Remove from the heat. Squeeze in the juice of 1 lime and stir in the ¼ cup cilantro. Cover to keep warm.
3. For tacos, in a pie plate combine the granulated garlic, chili powder, onion powder, paprika, the ½ teaspoon cumin, and cayenne pepper. Mix with a fork to evenly distribute the spices. Dip both sides of the catfish pieces in the spice mixture to evenly coat, tapping off the excess.
4. Brush a large grill pan with 2 tablespoons oil and place over medium-high heat. When the oil begins to smoke, place the catfish in the pan and grill for 3 to 5 minutes. Turn the fish over and grill for 3 minutes longer or until the fish is completely cooked through. Transfer the fish to a cutting board and use two forks to shred into pieces. Place the tortillas in the grill pan for 30 seconds on each side to warm them up.
5. To serve, place 2 tortillas on each plate and top each with a heaping spoonful of the black beans. Divide the catfish among the tortillas. Top each serving with a spoonful of the chutney and garnish with shredded lettuce, avocado, sour cream, and additional cilantro.

