



Strawberry salsa with grilled catfish

BY THE CANADIAN PRESS

What a treat to try this summer. Mustard butter coated catfish is lightly grilled on the barbecue and served with a strawberry salsa.

beginning to flake when tested with a fork, 4 to 5 minutes per side, turning once halfway through the grilling time and basting frequently with the mustard butter. Serve with strawberry salsa on the side.

GRILLED CATFISH WITH STRAWBERRY SALSA

4 catfish fillets 165 g (6 oz) each

90 ml (6 tbsp) unsalted butter

10 ml (2 tsp) Dijon mustard

strawberry salsa (see recipe below)

In a small saucepan over medium heat, melt butter and whisk in the mustard.

Prepare a hot fire. When ready to grill, place an oiled rack over the fire. Lightly baste each side of the fish with the mustard butter and place on the rack. Grill until opaque and just

STRAWBERRY SALSA

500 ml (2 cups) ripe strawberries, hulled and chopped

30 ml (2 tbsp) fresh mint leaves, chopped

30 ml (2 tbsp) sugar

30 ml (2 tbsp) dark rum

2 ml (1/2 tsp) freshly ground black pepper

In a small bowl, combine the ingredients. Serve chilled or at room temperature. Makes 500 ml (2 cups)

Source: The Catfish Institute.