

Pan-Seared Catfish with Summer Peach Fruit Vinegar

Glaze



Ingredients:

- 2 catfish fillets
- 2 tbsp Oliverde Summer Peach Fruit Vinegar
- 1 tbsp Grapeseed or Olive Oil
- 1 tsp paprika
- 1/2 tsp cayenne pepper (optional)
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)
- 1 lemon, cut into wedges

Instructions:

- Pat the catfish fillets dry and season with salt, pepper, paprika, and cayenne if desired.
- Heat the oil in a skillet over medium-high heat. Sear the fillets for 3-4 minutes per side until golden brown and cooked through.
- Reduce heat to low and drizzle Summer Peach Fruit Vinegar over the fillets. Allow it to simmer for 1-2 minutes to create a light glaze.
- Plate the fillets and drizzle any remaining glaze on top.
- Garnish with fresh parsley and serve with a lemon wedge for squeezing over the fish.
- Serve alongside roasted vegetables or a light summer salad.