

Shenandoah Vineyards

CAROLINA CATFISH STEW

1 lb. fresh or frozen catfish	2 slices bacon (optional)
1 medium onion, chopped (around 1/2 cup)	1 - 16oz can stewed tomatoes
1 - 8oz can tomato sauce	3/4 cup Shenandoah Sauvignon Blanc
2 Bay leaves	1/2 tsp. dried thyme, crushed
1 - 16oz can sliced potatoes, drained	1 - 10oz package frozen cut okra

If fish is frozen let stand at room temperature for 15 minutes before you begin. Cut fish into bite size pieces. In a Dutch oven, cook bacon until crisp; drain on paper towels. Reserve drippings in the Dutch oven. Crumble bacon. Cook onion in drippings until tender, stir in undrained tomatoes and tomato sauce, wine, bay leaves, thyme, 1 cup water and 1/2 tsp. pepper. Bring to a boil, reduce heat, simmer covered 25 minutes. Add potatoes and okra, cover and simmer 5 or 10 minutes. Add fish, cook 5 minutes more until fish flakes easily. Remove bay leaves and top with bacon.

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