

# RECIPE OF THE WEEK: PALEO EDITION

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## Orange-Poached White Fish

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### Ingredients:

1 orange, juiced

½ lb of US farmed catfish (or any white fish will work)

Olive oil or your preferred cooking fat

Salt and pepper to taste

Optional: sprinkle chili flakes, fresh cilantro, and/or minced garlic into the poaching liquid for additional flavor

### Instructions:

1. Place fish filet (cut into serving size pieces) in a bowl. Pour fresh-squeezed orange juice over it, shake it up a bit, and then let it sit for 15-20 mins
2. Heat a frying pan to medium high temperature. When ready, add a bit of olive oil and coat the bottom of the pan.
3. Place the fish filet in the pan and sear it (about 45 seconds) and then flip it over to sear on the other side. Pour the orange juice over the fish. Note: if you want to include optional ingredients, stir them into the orange juice before adding the liquid to the pan.
4. Reduce heat to medium, cover the pan and cook for 3-5 mins, or until center of filet is flakey and opaque white.
5. Season with salt and pepper and serve on a bed of greens or with your favorite side dish.

Prep Time: 20 mins

Cook Time: 6 mins

Total time: 26 mins

Serves 2

Compliments of [maoomba.com](http://maoomba.com) and [mobileskillet.com](http://mobileskillet.com)

