



## Ken Mayer

Cell: 602-750-3678  
Office: 480- 603-3310  
Email: ken@huntrealestateaz.com

One of the best ways to make a house into a home is to invite some friends over for a meal. If you try this recipe, let me know how it turns out for you. And if you have a favorite recipe of your own, send it my way.

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## Caramelized Catfish

1 can (11-12 oz) apple juice concentrate  
1 Tbs spicy brown mustard  
¼ tsp cayenne pepper  
4 catfish filets (appx 1 ½ lbs total)  
Salt & pepper  
Cooking spray or vegetable oil  
1 tsp apple cider vinegar

1. In a large bowl, combine the juice concentrate, mustard, and cayenne pepper.
2. Coat a large non-stick skillet with cooking spray or oil. Place over medium-high heat until skillet is hot.
3. Season the filets with salt & pepper, then dip into the glaze and place in the skillet. Cook for 8-10 minutes, turning every 2 minutes or so and basting several times with the remaining glaze. Fish is done when it flakes easily.
4. Remove to a serving platter garnished with a few leaves of kale, endive lettuce, or other greens. Sprinkle with vinegar and serve.

Goes well with red beans & rice and fresh steamed vegetables.



### Hunt Real Estate ERA, Lucas Division

4040 W Ray Road  
Suite #8  
Chandler, AZ 85226

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