

**U.S. FARM-RAISED CATFISH
2013 FARMERS OF THE YEAR
FAVORITE RECIPES**

Farmers of the Year are chosen annually from a large field of many deserving catfish growers in the U.S. Farm-Raised Catfish Industry. Although it is a difficult task to select just one farmer from each of the top three catfish-producing states, those who are selected embody the spirit of the American farmer. All have made significant contributions to the U.S. Farm-Raised Catfish Industry.

Every year, The Catfish Institute (TCI) utilizes these individuals in various advertising campaigns. Each farmer is an important part of promoting U.S. Farm-Raised Catfish and raising public awareness of the quality and benefits of eating U.S. Farm-Raised Catfish. Roger Barlow, President of TCI said, "We want to provide a connection between the farm-raised catfish that people know and love and the hundreds of family farms that dot the southern United States where these fish are grown. The Catfish Farmers of the Year are the face of the **American farmer** producing an **American product** for the **American consumer.**"



THE CATFISH INSTITUTE

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**2013 FARMERS OF THE YEAR
FAVORITE RECIPES**



**SHORTY
JONES**

2013 Mississippi
Catfish Farmer
of the Year

**DERRY
BONE**

2013 Alabama
Catfish Farmer
of the Year

**BRAD
GRAHAM**

2013 Arkansas
Catfish Farmer
of the Year





CATFISH ROLL

Derry Bone, Alabama

Alabama's 2013 Catfish Farmer of the Year is Derry Bone. Derry resides in his hometown of Marion, Alabama. After spending many years in the cattle business, he joined Pearce Fish Farm in 1994, and has been the Farm Manager there since 2000. Derry's favorite U.S. Farm-Raised Catfish recipe is a Catfish Roll. Derry states, "I like this recipe because it is so easy! You probably have all of the ingredients already on hand, and it takes only about 20 minutes to put together. The taste is reminiscent of a lobster roll."



- 6 U.S. Farm-Raised Catfish Fillets
- ¼ cup olive oil
- Juice of 1 lemon, divided into 2 parts
- Salt to taste
- Pepper to taste
- ½ cup mayonnaise
- 4 celery stalks, finely chopped
- Seasoned salt to taste
- Hotdog buns
- Butter

Preheat oven to 375° F. Combine olive oil, half the lemon juice, and salt and pepper. Brush fillets with mixture. Bake 10 to 15 minutes, or until golden brown. Brush other half of lemon juice over fish and let cool; cut into bite-sized pieces. Mix mayonnaise, celery and seasoned salt, and add catfish to mixture. Butter hotdog buns and warm at 350° F. Stuff buns with fish salad and enjoy!



CAJUN CATFISH WITH RUSSET POTATOES

Brad Graham, Arkansas

Brad Graham is the 2013 Arkansas Catfish Farmer of the Year. Brad has been in the fish farming business since 1997. In addition to his involvement with farming at CatPro LLC, Brad operates SeinePro Farms, a seining and harvesting business, and H2Pro LLC, a custom hauling business. Brad is on the Board of Directors for the Catfish Farmers of Arkansas, and serves on the Arkansas Catfish Promotion Board. Brad's favorite U.S. Farm-Raised Catfish recipe is Cajun Catfish with Russet Potatoes. Brad says, "Add coleslaw and sweet tea for a truly satisfying southern meal."



- 4 (4-ounce) U.S. Farm-Raised Catfish Fillets
- 1 tablespoon fresh lemon juice
- 1 tablespoon olive oil
- 4 teaspoons Cajun seasoning
- 1 tablespoon Lemon wedges (optional)

Pre-heat grill. Combine lemon juice and olive oil, and brush mixture on fillets. Sprinkle Cajun seasoning on fillets. Grill 20 to 30 minutes on medium heat until done.

GRILLED RUSSET POTATOES

- 2 medium russet potatoes
- 2 tablespoons butter, melted
- ¼ onion, diced
- Cajun seasoning to taste

Pre-heat grill. Thinly slice potatoes and place in foil. Combine butter, onion and Cajun seasoning and pour over potatoes. Tightly seal foil and place in a shallow foil pan. Grill 25 to 35 minutes or until done. (Keep sealed the entire time.) Stir before serving to distribute the seasoning. Pair potatoes with grilled catfish.



PARMESAN CATFISH WITH MARINARA SAUCE

"Shorty" Jones, Mississippi

Robert "Shorty" Jones from Glen Allen is Mississippi's 2013 Farmer of the Year. Shorty began raising channel catfish fingerlings in 1990 and currently raises both channel and hybrid catfish fingerlings, as well as food fish. He is the Chairman of the Board of the Catfish Farmers of Mississippi and is on the executive committee of Catfish Farmers of America. In addition to his farm operation, Shorty also co-owns Aquacenter, a fish farming supply business. Shorty loves to cook and has many favorite recipes but picked this one because he said, "It is quick and easy, and tastes as good as it looks."



- 4 U.S. Farm-Raised Catfish Fillets
- 1 cup panko bread crumbs
- 2 cloves garlic, finely minced
- Vegetable oil for frying
- 1½ cups marinara sauce
- ½ cup parmesan cheese
- 1 cup mozzarella cheese

Pre-heat oven to 350° F. Combine panko and garlic; coat catfish with mixture. Fry catfish in vegetable oil until golden brown, about 5 to 6 minutes, depending on size. Remove fish from oil and drain on paper towels. Mix marinara with parmesan cheese. Top catfish fillets with marinara mixture and mozzarella cheese. Bake 15 minutes, or until cheese is melted.