

## Coconut Catfish

## Catfish Bienville

## Mr. Bill's Sautéed Catfish

**BARI CAIN**



**SERVES 6-8**

**DANNY MILLER**



**SERVES 6**

**DAN BRADSHAW**



**SERVES 6**

2 pounds U.S. Farm-Raised Catfish Fillets, cut into 1-inch strips  
 2 cups all-purpose flour, divided  
 ½ teaspoon baking powder  
 ½ teaspoon paprika  
 ½ teaspoon curry powder  
 ½ teaspoon salt  
 ¼ teaspoon cayenne pepper  
 1 (12-ounce) can beer  
 1 (14-ounce) package sweetened flaked coconut  
 Vegetable oil

6 U.S. Farm-Raised Catfish Fillets  
 ½ cup butter, divided  
 Salt and pepper to taste  
 4 slices bacon, diced  
 1 medium onion, diced  
 2 tablespoons garlic, minced  
 1 red bell pepper, diced  
 1 rib celery, diced  
 ½ pound shrimp  
 ½ cups chopped mushrooms  
 ¼ cup all-purpose flour  
 2 cups heavy cream  
 1 cup chicken stock  
 ½ cup Parmesan cheese  
 1 teaspoon cayenne pepper  
 1 tablespoon sherry (optional)  
 Fresh-cut parsley for garnish

6 U.S. Farm-Raised Catfish Fillets  
 2 tablespoons butter, melted  
 2 tablespoons lemon juice  
 1 teaspoon Creole seasoning  
 4 teaspoons Greek seasoning  
 6 tablespoons extra virgin olive oil, divided



**COMBINE** 1½ cups flour, baking powder, paprika, curry powder, salt, cayenne pepper and beer in a large bowl. **DREDGE** catfish strips in ½ cup flour. **DIP** strips in beer batter and roll in coconut. **FRY** coated strips in deep, hot oil (350°F) until coconut is golden brown. **DRAIN** on paper towels. **PLACE** on serving dish with Sweet Dipping Sauce.

### SWEET DIPPING SAUCE

1 (10-ounce) jar orange marmalade  
 3 tablespoons prepared horseradish  
 3 tablespoons Creole mustard

**COMBINE** ingredients in a small bowl. May be served hot or cold.



**MELT** 2 tablespoons butter in a small bowl in microwave. Generously coat each fillet with salt and pepper, then brush with melted butter. **ADD** seasoned fillets, presentation side down, to a very hot cast-iron skillet, and **SEAR** to get a nice crust, approximately 1 to 2 minutes. Carefully turn and sear other side, about 3 minutes. Remove from heat and set aside. **PLACE** a large skillet over medium heat. Cook bacon until crispy. **REMOVE** bacon from pan; add remaining butter. **ADD** onions and garlic and cook for 3 minutes or until onions are translucent. Add bell pepper, celery and mushrooms; cook an additional 3 minutes. **ADD** shrimp and cook for 3 minutes. **DUST** shrimp mixture with flour and stir to coat evenly; continue to cook for 2 minutes. **STIR** in heavy cream and chicken stock; cook until sauce thickens. Add Parmesan cheese and stir to combine. **ADD** cayenne pepper and season with salt, pepper and sherry to taste. **SPOON** sauce over cooked fillets and garnish with parsley, if desired.

**COMBINE** butter, lemon juice, seasonings and 4 tablespoons olive oil in bowl. **PAT** catfish dry and marinate in butter mixture for 30 minutes or up to 2 hours. **HEAT** a sauté or grill pan to medium heat with 2 tablespoons of olive oil. **PLACE** catfish in pan presentation side down. **COOK** for 15 minutes then flip and cook for 5 minutes more. **SERVE** with sauce of your choice or as a catfish sandwich.

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