

BARI CAIN

Arkansas' 2018 Catfish Farmer of the Year is Bari Cain. After graduating from the University of Arkansas, Bari returned to his hometown of McCrory, where he joined his father in the family's agricultural pursuits. Bari and his dad worked together every day in offices that were side-by-side. To diversify their farming operation, the Cains built around 400 acres of catfish ponds and started Cain Fish Farm in 1986. Through the years, Bari has not only been engaged in his own business, but has been active in support of the catfish industry. Bari is a member of the CFA Board of Directors and served as CFA President in 2015 and 2016. Bari was appointed by Governor Mike Huckabee to be on the first Arkansas Catfish Promotion Board in 2007. Bari and his wife, Lori, have two children, Sarah and Jack.

DANNY MILLER

Alabama's 2018 Catfish Farmer of the Year is Danny Miller. Danny, along with his father, Dan, and brother, Steve, began catfish farming near Greensboro in 1983 with two ponds. With a lot of learning and hard work, they continued to build ponds and grow their catfish operation. Today, they operate 825 acres, made up of 64 ponds. As they began, they are still a family-owned and family-run farm. Danny and his wife, Sheri, have been married for 38 years, and together, they have raised six children on the farm. Danny credits Sheri for her unwavering support and as a helpmate throughout their journey.

DAN BRADSHAW

Mississippi's 2018 Catfish Farmer of the Year is Dan Bradshaw. Dan has been a part of Simmons Catfish in Yazoo City since the age of 12, spending time on the family farm chopping cotton, seining fish or working at the processing plant. After graduating from Manchester Academy and then earning his business degree from Mississippi State University, he returned to Yazoo, where he has spent the last 15 years raising catfish. He was given the opportunity to farm catfish by his uncle, Harry Simmons, who is an excellent teacher, businessman, and also makes work enjoyable. Dan and his wife, Melissa, have three children, Shelby, Peyton and Simmons, and a grandchild, Conley.

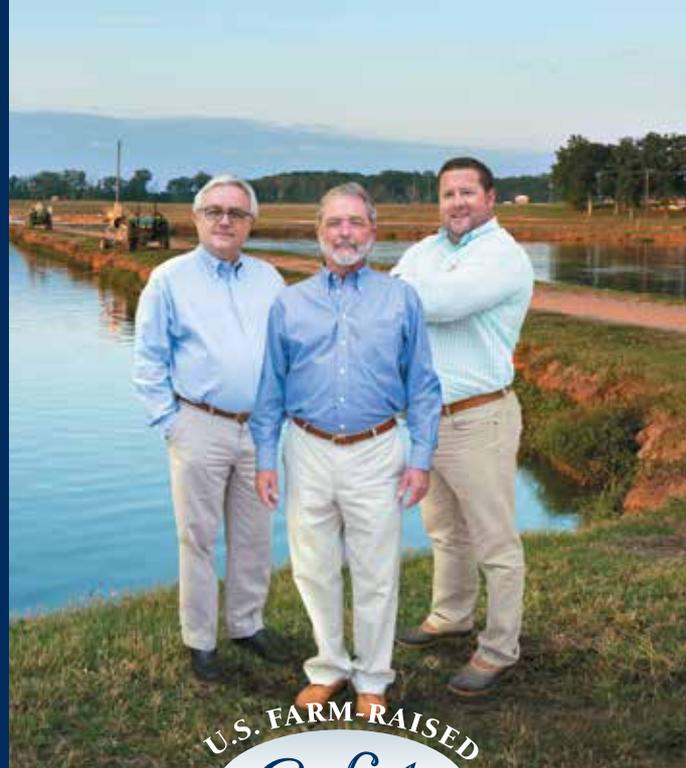
Farmers of the Year are chosen annually from a large field of many deserving catfish producers in the U.S. Farm-Raised Catfish industry. Although it is a difficult task to select just one farmer from each of the top three catfish-producing states, those who are selected embody the spirit of the American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

P.O. Box 1669 Madison, Mississippi 39130
uscatfish.com



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FARMERS OF THE YEAR

*Favorite
Recipes*

Coconut Catfish

BARI CAIN



SERVES 6-8

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



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.



Catfish Bienville

DANNY MILLER



SERVES 6

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



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.

Mr. Bill's Sautéed Catfish

DAN BRADSHAW



SERVES 6

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 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.

**FOR MORE RECIPES,
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