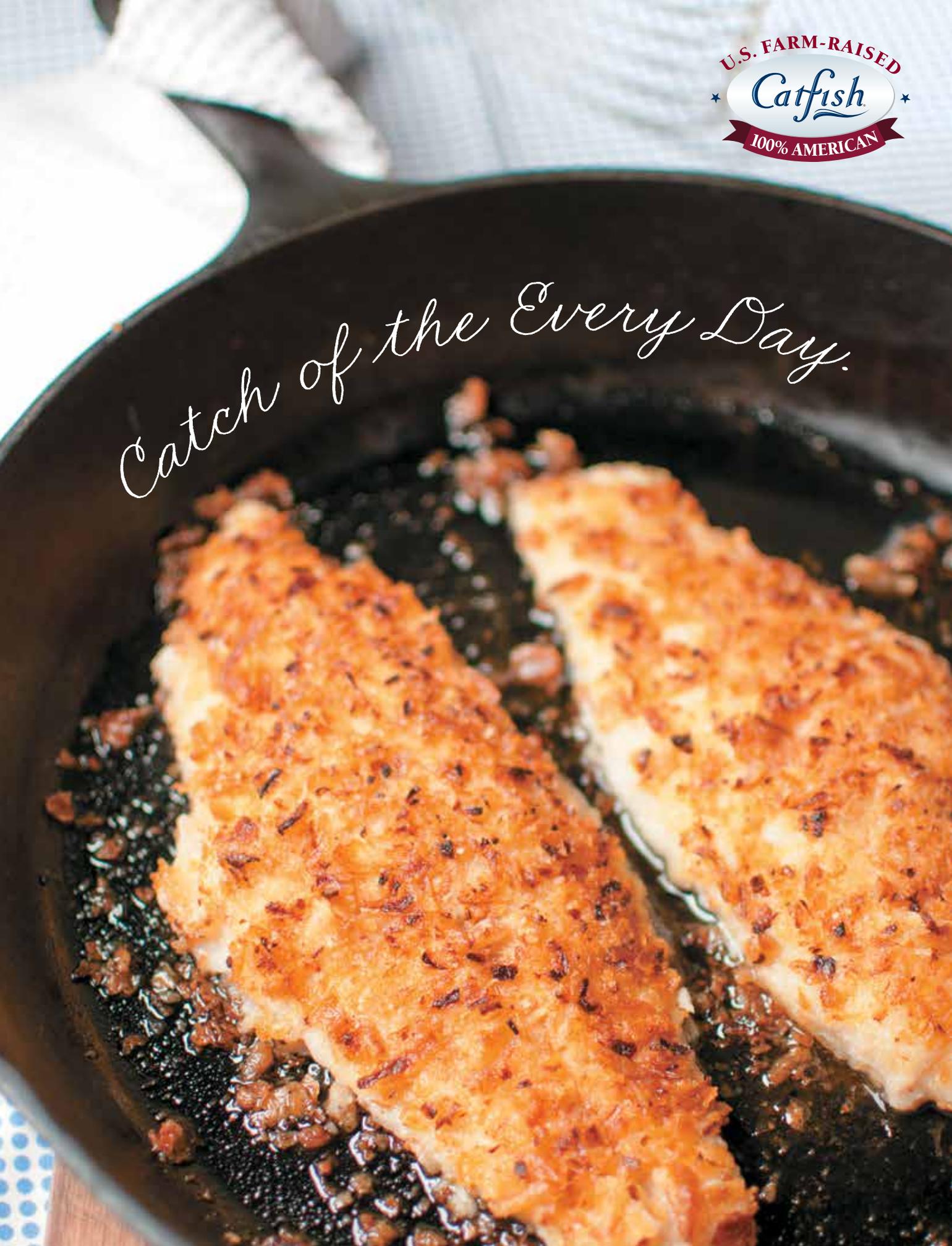




Catch of the Every Day.







YOU CAN COUNT ON U.S. Farm-Raised

Catfish for consistent freshness, quality and availability. That flaky texture and perfectly mild flavor work in almost any recipe, so it's easy to please everybody at your table. From classic fried fillets to catfish quesadillas, this new collection of recipes showcases the easy versatility of U.S. Catfish.

Raised in pure, freshwater ponds, U.S. Catfish is good for your family and the planet – not to mention American farmers.

The Monterey Bay Aquarium's Seafood Watch program lists U.S. Farm-Raised Catfish as a "Best Choice" due to its well-managed and sustainable farming practices. U.S. Farm-Raised Catfish is also endorsed by the World Wildlife Fund, National Audubon Society and Environmental Defense Fund.

Be sure to look for the U.S. Farm-Raised seal to ensure you're buying the best catfish.

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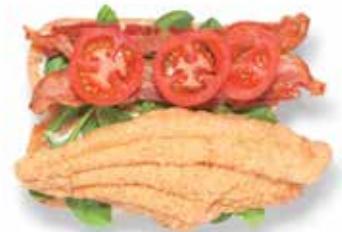


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Annie's Catfish Appetizer

SERVES 10-12

1 pound U.S. Farm-Raised
Catfish

1 tablespoon salt

1 tablespoon liquid crab boil

Paprika

2 (8-ounce) packages cream
cheese, softened

8 tablespoons sour cream

1 tablespoon Worcestershire
sauce

2 teaspoons lemon juice

½ teaspoon ground red pepper

1 clove garlic, minced

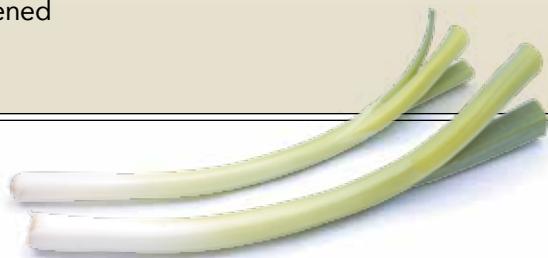
1 large orange bell pepper,
chopped

3 green onions, chopped

1 small can sliced black olives,
drained and chopped

1 (8-ounce) package grated
Mozzarella cheese

¾ (12-ounce) jar cocktail sauce



FILL PAN with enough water to cover fillets. Bring to a boil. Add salt and liquid crab boil. Add fish and simmer for 5 minutes or until done. Remove fish and refrigerate until cool. Cut fish into small pieces and lightly sprinkle with paprika.

STIR TOGETHER cream cheese, sour cream, Worcestershire, lemon juice, red pepper and garlic.

COMBINE bell pepper, onions, olives and cheese in a separate bowl. Add ⅓ of mixture to cream cheese mixture. Distribute evenly over platter.

SPREAD cocktail sauce over cream cheese mixture.

TOP WITH fish and remaining bell pepper, onion, olive and cheese mixture. Serve with crackers of your choice.

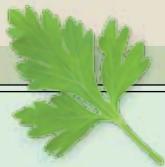
Cajun Catfish Pastries

MAKES 60 TARTS

1 pound U.S. Farm-Raised Catfish Fillets, cooked and flaked
2 teaspoons liquid crab boil
1 teaspoon salt
2 tablespoons butter

½ cup green bell pepper, minced
½ cup celery, minced
¼ cup green onions, chopped
3 cloves garlic, minced
2 tablespoons all-purpose flour
1½ cups heavy whipping cream

1 tablespoon parsley, minced or 1 teaspoon dried parsley
2 teaspoons Cajun seasoning
4 ounces Monterey Jack cheese, grated
4 (1.9-ounce) packages frozen mini phyllo cups, thawed



TOPPING

1 cup Panko or unseasoned breadcrumbs
1 tablespoon fresh parsley, minced
½ teaspoon Cajun seasoning
1 tablespoon butter, melted

IN A SMALL BOWL, combine breadcrumbs, parsley, Cajun seasoning and melted butter.

PREHEAT oven to 400° F.

SIMMER fish in water seasoned with salt and liquid crab boil 5 to 7 minutes or until cooked. Remove fish, cool and flake.

IN A LARGE SKILLET, melt butter over medium-high heat. Add bell pepper, celery, onions and garlic. Cook until vegetables are tender, about 3 minutes.

STIR IN flour and cook for 2 minutes, stirring constantly. Stir in cream, parsley and Cajun seasoning. Simmer about 10 minutes until slightly thickened.

ADD cheese, stirring until melted. Remove from heat. Add flaked fish to cheese mixture.

PLACE phyllo cups on baking sheets. Fill cups evenly with mixture. Sprinkle topping over pastries.

BAKE until lightly browned, approximately 15 minutes. Serve warm.





Coconut Catfish with Sweet Dipping Sauce

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

SWEET DIPPING SAUCE

1 (10-ounce) jar orange marmalade

3 tablespoons prepared horseradish

3 tablespoons Creole mustard

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.

MIX above ingredients. May be served hot or cold.



Catfish Dip

SERVES 10-12

2 pounds U.S. Farm-Raised
Catfish Fillets

2 quarts water

2 tablespoons salt

½ cup liquid crab boil

1 (8-ounce) package cream
cheese, softened

1 (8-ounce) container sour
cream

½ cup mayonnaise

1 tablespoon Worcestershire

2 teaspoons dried dill weed

½ teaspoon dried basil

1 teaspoon cayenne pepper

Juice of 2 lemons

1 cup green onion, finely diced

½ cup celery, finely diced

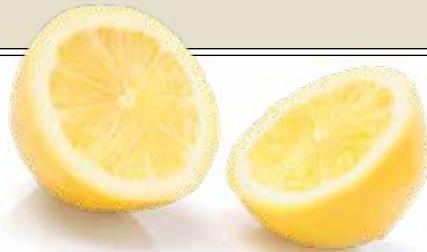
½ cup green bell pepper,
finely diced

¾ cup parsley, chopped

½ cup pimentos, drained

Salt and black pepper to taste

Fresh dill and lemon zest
for garnish



BRING water, crab boil and salt to a boil. Add fish and return to a simmer 5 to 7 minutes or until done. Remove fish and refrigerate until cool; flake into small pieces.

IN MIXING BOWL, combine cream cheese, sour cream and mayonnaise. Mix until smooth.

ADD Worcestershire, dill, basil, cayenne pepper and lemon juice.

ADD remaining ingredients and season with salt and pepper to taste.

SERVE with crostini and garnish with fresh dill and lemon zest.





Roasted Pepper Catfish

SERVES 6

1½ pounds U.S. Farm-Raised
Catfish Fillets

4 large red bell peppers,
roasted

MARINADE

⅓ cup soy sauce

3 tablespoons vegetable oil

1 tablespoon liquid smoke

1 clove garlic, finely chopped

½ teaspoon ginger

½ teaspoon salt

PREHEAT broiler or grill.

CUT peppers in half lengthwise and remove stems, seeds and ribs. Place cut side down on a baking sheet. Broil (or grill) until blackened, 6 to 10 minutes. Transfer to paper bag, close tightly and let cool for 10 minutes. Remove skins and cut peppers lengthwise into 1-inch strips.

CUT fillets into 1-inch chunks.

COMBINE marinade ingredients. Place catfish in marinade for 5 to 10 minutes.

WRAP a pepper strip around each catfish chunk and secure with toothpicks. Run skewer through each roll and place in a wire fish basket for the grill or on a baking sheet for the broiler.

GRILL skewers over a medium-hot fire, turning once, for about 3 minutes per side. Alternately, cook under broiler about 3 minutes per side. Serve immediately.



Catfish Bisque

SERVES 2

2 U.S. Farm-Raised Catfish Fillets	2 cloves garlic, minced	½ teaspoon Worcestershire
Paprika	3 tablespoons flour	¼ teaspoon cayenne pepper
¼ cup butter	1½ cups chicken broth	¼ teaspoon Old Bay seasoning
1 cup mushrooms, sliced	½ cup dry white wine (may substitute chicken broth)	1 teaspoon lemon juice
¼ cup green onions, chopped	1 tablespoon fresh parsley, chopped (or 1 teaspoon dried parsley)	½ cup heavy cream

IN SMALL PAN, bring water to a boil and reduce heat. Simmer fillets 5 to 7 minutes or until done. Remove fillets. When cool, cut into small pieces; dust lightly with paprika.

MELT butter in sauté pan over medium heat. Cook mushrooms, green onions and garlic until tender, stirring occasionally.

BLEND in flour until smooth. Gradually stir in chicken broth. Heat to simmering, stirring constantly.

ADD white wine, parsley, Worcestershire, cayenne pepper, Old Bay seasoning and lemon juice.

COOK for approximately 5 minutes to reduce liquid to desired consistency. Stir in cream, then catfish and heat thoroughly.

LADLE into bowls and top with chopped green onions for garnish.







Grilled Catfish with Charred Romaine & Chipotle Caesar Dressing

SERVES 4

4 U.S. Farm-Raised
Catfish Fillets

Paprika

Canola oil for brushing on
romaine

1 large head romaine lettuce,
outer leaves removed, cut in
half from tip to root

PREHEAT grill.

COAT fish with reserved
marinade. Sprinkle with salt,
pepper and paprika.

LIGHTLY COAT fish basket with
olive oil and place fish in
basket. Grill 3 to 4 minutes
per side or until done.

BRUSH romaine with oil and
season with salt and pepper.
Place on grill cut side down
and grill for 30 to 40 seconds
or until slightly charred.

ARRANGE romaine and catfish
on platter. Drizzle with
remaining dressing and garnish
with ¼ cup Parmesan.

CHIPOTLE CAESAR DRESSING

3 tablespoons mayonnaise

1 tablespoon Dijon mustard

2 teaspoons Worcestershire
sauce

2 tablespoons red-wine vinegar

¼ small red onion, coarsely
chopped

6 cloves roasted garlic

3 anchovies or anchovy paste,
to taste

1 chipotle pepper in
adobo sauce

2 dashes hot sauce

2 tablespoons honey

Salt and freshly ground
black pepper

½ cup canola oil

½ cup grated Parmesan
cheese, divided

PLACE mayonnaise, mustard, Worcestershire, vinegar, onion,
garlic, anchovies, chipotle, hot sauce, honey, and salt and pepper
in blender and blend until smooth. With the motor running,
slowly add oil and blend completely.

ADD ¼ cup Parmesan and blend a few seconds longer. Adjust
seasonings to taste.

REFRIGERATE dressing, reserving some for
the marinade.



Caribbean Jerk Catfish with Black Bean Salad

SERVES 4

4 U.S. Farm-Raised Catfish Fillets
2 tablespoons olive oil
2 tablespoons vinegar
1 tablespoon Caribbean or Jamaican Jerk seasoning

PREHEAT grill or broiler.

COMBINE oil, vinegar and seasoning. Brush fillets with marinade.

PLACE fillets on grill, skin side up, 3 to 4 minutes. Flip and grill 2 to 3 more minutes.

SERVE over spring mix lettuce blend with Black Bean Salad.

DRESSING

1 small garlic clove, minced
4 tablespoons lime juice and lime zest
¼ teaspoon chili powder
1½ teaspoons ground cumin
2 dashes hot sauce
¼ cup extra-virgin olive oil

SALAD

1 can whole kernel corn, drained

1 orange bell pepper, diced
½ small red onion, finely chopped

1 (15-ounce) can black beans, drained and rinsed

½ cup cherry tomatoes, halved

1 avocado, halved, seeded and diced in large pieces

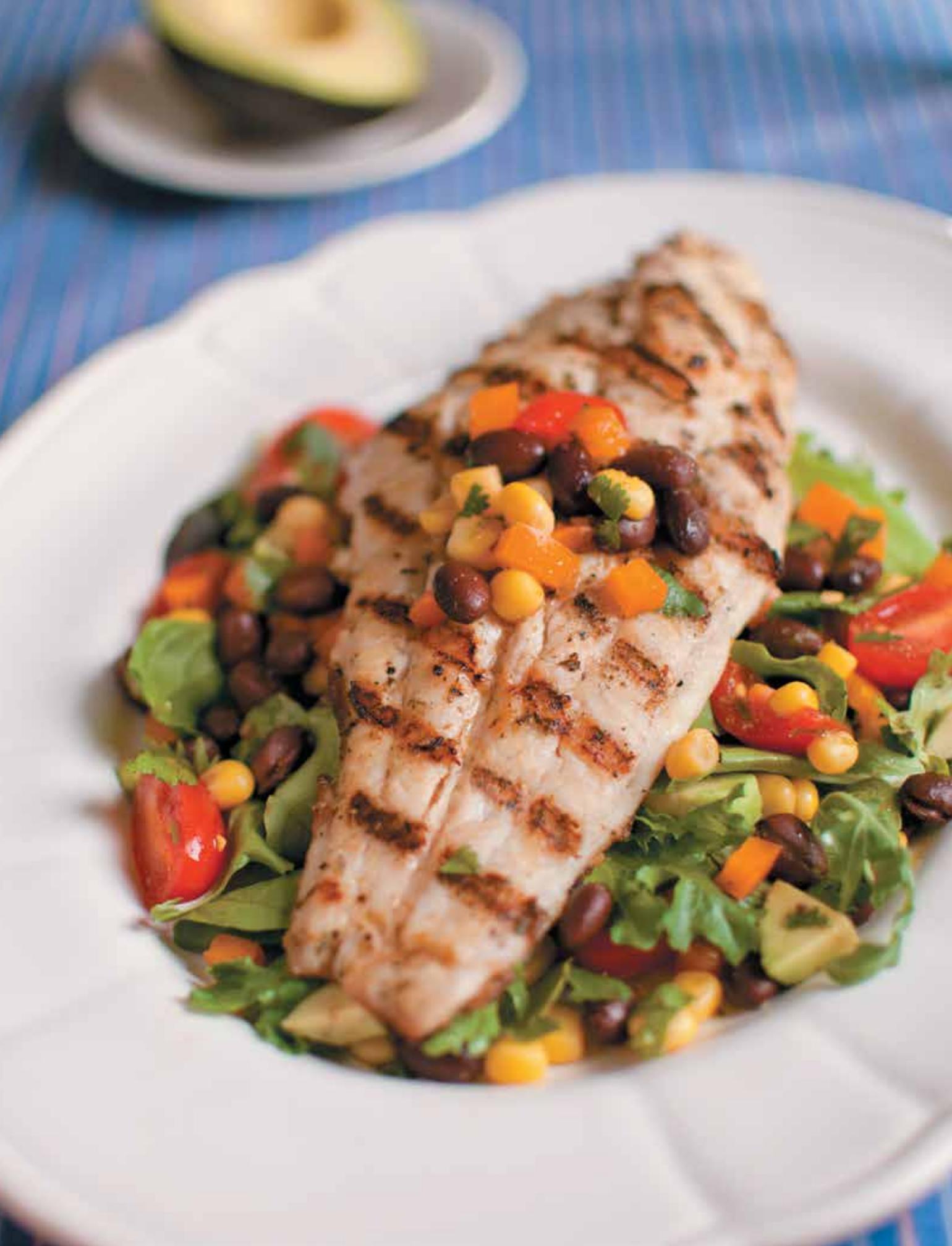
¼ cup fresh cilantro or Italian parsley, chopped

Salt and freshly ground black pepper to taste

MIX garlic, lime juice and zest, chili powder, cumin, and hot sauce. Whisk in olive oil until blended.

MIX dressing and salad ingredients and toss to coat evenly. Salt and pepper to taste.







Catfish BLT with Lemon Aioli

SERVES 4

4 U.S. Farm-Raised Catfish Fillets	1 teaspoon cayenne pepper	12 slices smoked bacon, cooked
¾ cup yellow cornmeal	½ teaspoon garlic powder	Sliced tomato
¼ cup all-purpose flour	Vegetable oil	Baby spinach leaves
2 teaspoons salt	4 sandwich rolls	
	Butter or margarine	

COMBINE cornmeal, flour, salt, cayenne pepper and garlic powder.

COAT catfish with cornmeal mixture, shaking off excess. Fill a large, heavy skillet half full with vegetable oil. Heat to 350° F.

ADD catfish in single layer and fry until golden brown, about 5 to 6 minutes, depending on size.

REMOVE and drain on paper towels.

SPREAD butter on each side of rolls, and lightly brown in a large skillet.

SMEAR toasted bread with Lemon Aioli. Layer tomatoes, spinach, bacon and catfish on bread.



LEMON AIOLI

½ cup mayonnaise
 1 clove garlic, minced
 1 tablespoon chives, chopped
 3 tablespoons lemon juice
 ½ teaspoon lemon zest
 Salt and freshly ground pepper to taste

IN A MEDIUM BOWL, mix all ingredients until well blended.

Catfish Calzones

SERVES 6

1 pound U.S. Farm-Raised Catfish Fillets	1 cup grape tomatoes, halved	2 (13.8-ounce) refrigerated cans pizza crust dough
4 tablespoons olive oil, divided	½ teaspoon fresh thyme	3 cups shredded Mozzarella cheese
Italian seasoning	2 tablespoons fresh Italian parsley leaves, chopped	1 large egg, beaten to blend for egg wash
Garlic salt	¼ cup dry white wine (or chicken broth)	Extra-virgin olive oil
4 cloves garlic, minced		

PREHEAT oven to 450° F. Line 2 large baking sheets with parchment paper.

LIGHTLY BRUSH fish with olive oil. Lightly dust with Italian seasoning and garlic salt. Heat 2 tablespoons oil in skillet to medium-high. Sauté fish 3 to 4 minutes per side. Remove and set aside. When cool, cut into bite-sized pieces.

TO SAME SKILLET, add 2 tablespoons olive oil. Sauté garlic until fragrant, about 2 minutes. Add tomatoes, thyme, parsley and wine. Increase heat to medium and simmer until most of liquid evaporates, about 5 minutes. (Too much liquid will make calzones soggy.)

REMOVE pizza crust from container. Do not unroll. Cut each into 3 equal pieces. Roll out each piece of pizza dough into a 7-inch diameter floured round.

SPRINKLE half of Mozzarella over lower half of each pizza dough portion, dividing equally and leaving 1-inch border. Spoon tomato mixture over cheese. Add fish and top with remaining half of Mozzarella.

BRUSH edges of dough with egg wash. Fold plain dough halves over filling, forming half circles. Pinch edges of dough firmly together and crimp to seal. Brush lightly with egg wash for a nice cooked appearance.

TRANSFER calzones to baking sheets. Bake until calzones puff and turn golden brown, 10 to 12 minutes. Brush extra-virgin olive oil over calzones and serve.







Catfish Curry Salad Sandwich

SERVES 8

2 pounds U.S. Farm-Raised Catfish Fillets	¾ cup toasted pecans, chopped (optional)
½ cup celery, diced	1½ cups Curry Sauce
¼ cup green onions, chopped	Salt and pepper to taste
¼ cup Italian parsley, chopped	8 large croissants
	Butter

CURRY SAUCE

1 tablespoon olive oil
 ½ small onion, finely diced
 1 clove garlic, finely diced
 4 teaspoons curry powder
 ⅛ cup cold water
 1 cup mayonnaise
 1 tablespoon lemon juice
 Salt and pepper to taste

SAUTÉ onion and garlic in olive oil until tender. Add curry powder and cook 2 to 3 minutes.

ADD water and incorporate into mixture. Remove from heat; add mayonnaise, lemon juice, and salt and pepper. Cool until ready to use. May be made ahead.

BRUSH fish with olive oil and season with salt and pepper.

PREPARE fish on grill, under broiler or in a heavy skillet.

COOK 3 to 4 minutes per side until done. Place in refrigerator to cool. When cool, cut into bite-sized pieces and add to cooled Curry Sauce.

SPLIT croissants and lightly butter inside. On grill or in a skillet, lightly brown buttered sides. Assemble sandwiches.



Catfish Quesadilla with Cilantro-Lime Sour Cream

SERVES 4

4 U.S. Farm-Raised Catfish Fillets, grilled or baked
2 tablespoons olive oil
Smoked paprika or chili powder
Salt and freshly ground pepper
1 small red bell pepper, diced

½ red onion, diced
¾ cup whole corn kernels
1 teaspoon red pepper flakes
1 teaspoon ground cumin
½ cup fresh cilantro leaves, chopped

4 (10-inch) flour or wheat tortillas
1 (16-ounce) can refried black beans
2 cups grated pepper jack cheese



CILANTRO-LIME SOUR CREAM

½ cup sour cream
¼ cup fresh cilantro leaves, chopped
½ lime, juiced
Lime zest
Salt to taste

IN A SMALL BOWL, mix all ingredients until combined.

LIGHTLY BRUSH fish with olive oil. Season with salt, pepper and smoked paprika or chili powder. Prepare fish on grill or bake until done. Place in refrigerator to cool. When cool, cut into bite-sized pieces.

IN A LARGE SKILLET, heat oil over medium-high heat. Sauté red pepper and onion until soft, about 5 minutes. Add corn, red pepper flakes, cumin, and salt and pepper to taste. Toss to incorporate and sauté for 3 minutes. Transfer to bowl and add cilantro.

HEAT pan large enough to hold a flat tortilla to medium heat. Lightly brush pan with olive oil.

SPREAD tortilla on work surface. On half of each tortilla, spread ¼ of refried beans, ¼ of vegetables and top with ¼ of chopped fish.

PLACE in heated pan and sprinkle ½ cup cheese on other half of tortilla. Heat until cheese is melted and tortilla is lightly crisped. Fold cheese side over vegetable side and remove to a plate. Cut each tortilla into 4 pieces with serrated knife. Serve with Cilantro-Lime Sour Cream.





Spicy Chipotle Catfish Sandwich

SERVES 4

4 U.S. Farm-Raised
Catfish Fillets

Zest of 1 lemon

2 tablespoons freshly
squeezed lemon juice

2 cloves garlic, minced

1 chipotle pepper in adobo
sauce, minced

Olive oil

Salt and pepper to taste

4 regular or multigrain
sourdough rolls

4 slices sweet onion

Chopped cabbage or
Romaine lettuce

CHIPOTLE MAYONNAISE

¼ cup mayonnaise

1 tablespoon capers

Smoked Spanish Paprika

Half of chipotle mix

IN A MEDIUM BOWL, mix
all ingredients until well
blended.

PREHEAT oven to 400° F.

MIX lemon zest, lemon juice, garlic and chipotle pepper. Divide
equally into 2 bowls.

RUB a small amount of olive oil on fish. Top fish with half of
chipotle mix. Sprinkle with salt and pepper.

BAKE 8 minutes or until done.

ASSEMBLE sandwiches with fish, chipotle mayonnaise, onion
and lettuce.



Bacon-Wrapped Catfish with Cream Cheese Stuffing

SERVES 8

8 (3-5-ounce) U.S. Farm-Raised Catfish Fillets	1 cup Italian breadcrumbs	1 teaspoon celery salt
Seasoned salt	4 ounces cream cheese, softened	2 tablespoons onion, finely chopped
Paprika	2 tablespoons diced, jarred jalapeños	2 teaspoons dried parsley
8 slices smoked bacon	2 tablespoons fresh lemon juice	1 teaspoon ground thyme

PREHEAT oven to 375° F.

PLACE bacon on sheet pan in single layer and bake for 10 minutes or until lightly browned.

COMBINE breadcrumbs, cream cheese, jalapeños, lemon juice, celery salt, onion, parsley and thyme. Divide into 8 portions.

LIGHTLY DUST fillets with seasoned salt. Place fillets flat side up. Place 1 portion of stuffing in middle of each fillet. Wrap thin side of fillet toward center, then thicker side toward center. Secure with a toothpick. Wrap 1 slice of bacon around each fillet, securing with toothpicks. Sprinkle tops with paprika.

SPRAY cooking rack and baking sheet with cooking spray. Place catfish rolls on rack. Bake 20 to 30 minutes or until fish is cooked through.

REMOVE toothpicks. Garnish with lemon slices and parsley.







Catfish Alfredo

SERVES 6

6 U.S. Farm-Raised Catfish Fillets	1 onion, diced	¼ teaspoon cayenne pepper
12 ounces penne pasta	3 cloves garlic, minced	Salt and pepper to taste
Paprika	1 red bell pepper, diced	2 cups fresh spinach, washed and torn into large pieces
¼ cup butter	½ pound mushrooms, diced	¼ cup fresh Italian parsley, chopped
2 tablespoons extra-virgin olive oil	1 (15-ounce) jar Alfredo sauce	
	½ cup grated Romano cheese	
	½ cup cream	

BRING large pot of lightly salted water to a boil. Add pasta and cook 8 to 10 minutes or until al dente. Drain.

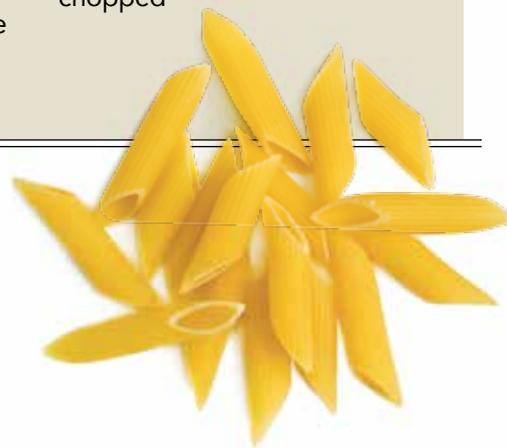
DUST fish with paprika and season with salt and pepper.

MELT butter with olive oil in large saucepan over medium heat. Stir in onion and cook until softened and translucent. Stir in garlic, red pepper and mushrooms, and cook over medium-high heat until soft. Remove all vegetables from saucepan with slotted spoon.

HEAT seasoned oil from vegetables to medium-high, adding additional olive oil if needed. Sear fish 3 minutes per side until golden brown. Remove from pan and wipe clean with a paper towel.

PLACE sautéed vegetables back in saucepan. Pour in Alfredo sauce; add Romano cheese and cream. Simmer, stirring constantly until thickened, about 5 minutes. Season with cayenne, salt and pepper. Add spinach. Stir pasta into sauce.

DIVIDE pasta onto serving plates and top with a catfish fillet. Garnish with chopped parsley.



Catfish & Asparagus Roll-Ups

SERVES 6

6 U.S. Farm-Raised
Catfish Fillets

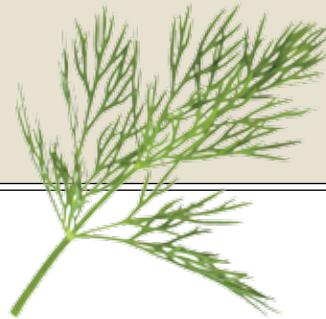
1½ teaspoons olive oil

24 asparagus spears, trimmed
and partially cooked

6 slices Swiss cheese

1½ cups Panko

1 teaspoon paprika



DILL SAUCE

¾ cup mayonnaise

3 tablespoons Dijon mustard

2 tablespoons fresh lemon
juice

1 teaspoon lemon zest

1 teaspoon dried dill

1½ teaspoon salt

1 teaspoon black pepper

PREHEAT oven to 400° F.

LIGHTLY COAT bottom of baking pan with olive oil.

PARTIALLY COOK asparagus until crisp-tender in boiling water. Fold Swiss cheese slices in half, then again in half, making a cube.

PAT fillets dry. Place rounded side down on work surface. Baste lightly with Dill Sauce. Place 4 asparagus spears on each fillet. Top with 1 folded slice of cheese. Begin rolling from the thinner end of fillet toward thicker end. Secure with toothpicks.

PLACE each roll in baking pan and coat with sauce. Combine Panko and paprika. Sprinkle each fillet with Panko mixture, pressing crumbs into sauce.

BAKE until crumbs are browned, about 25 minutes.

COMBINE mayonnaise, Dijon mustard, lemon juice, lemon zest, dill, salt and pepper until well blended. Divide sauce into 2 bowls: 1 for basting fillets prior to cooking and 1 as a sauce to be served with the cooked roll-ups.





Catfish Pizza

MAKES 2 PIZZAS

4 U.S. Farm-Raised
Catfish Fillets

½ cup olive oil

1 tablespoon oregano, chopped
(or 1 teaspoon dried oregano)

1 tablespoon thyme, chopped
(or 1 teaspoon dried thyme)

1 tablespoon basil (or 1
teaspoon dried basil)

Salt to taste

1 package of 2 pizza crusts

1 tablespoon olive oil

Garlic salt

2 cups grated Mozzarella
cheese

2 cups grated Italian five-
cheese blend

4 Roma tomatoes (about 1
pound), ends trimmed, cut
into thin slices and drained on
paper towel

1 small red onion, peeled,
trimmed and cut into thin slices

4 ounces goat cheese, cut into
small pieces (optional)

¼ cup red bell peppers,
julienned

¼ cup yellow bell peppers,
julienned

Red pepper flakes (optional)

PREHEAT oven to 450° F.

IN A SHALLOW BOWL or zipper storage bag, combine fish with olive oil, oregano, thyme, basil and salt, turning to coat. Marinate for 30 minutes in refrigerator.

REMOVE fish from marinade, adding 1 tablespoon of marinade to skillet. Heat skillet to medium-high. Cook fish 2 to 3 minutes per side. Remove from skillet and let cool. Slice into strips.

BRUSH 1 tablespoon olive oil lightly over crust with a heavier coating on the edges. Dust with garlic salt.

LAYER each pizza: Start with Mozzarella, then Italian cheese blend, tomato, onion, fish, goat cheese, red and yellow peppers and red pepper flakes. Bake until crust is golden brown, 12 to 15 minutes. (Compare with package directions.)

TRANSFER pizza onto firm surface and cut into slices. Serve immediately.



Baked Italian-Style Catfish

SERVES 8

8 U.S. Farm-Raised
Catfish Fillets

1 cup breadcrumbs or Panko

1 cup Parmesan cheese,
shredded

$\frac{3}{4}$ cup fresh Italian parsley,
chopped

$\frac{1}{2}$ teaspoon dried oregano

$\frac{1}{4}$ teaspoon dried basil

1 teaspoon paprika

$\frac{1}{4}$ teaspoon garlic powder

2 teaspoons salt

1 teaspoon black pepper

1 stick butter, melted

Lemon wedges

Parsley sprigs

PREHEAT oven to 375° F.

LIGHTLY COAT 13 x 9 baking pan with cooking spray.

COMBINE dry ingredients in a shallow bowl and stir well.

PAT fish dry.

DIP catfish in melted butter and roll in breadcrumb mixture.

ARRANGE fillets in prepared baking dish.

BAKE uncovered for 20 to 30 minutes or until fish flakes easily.

GARNISH with lemon wedges and parsley sprigs.







Catfish with Caper & Dill Sauce and Rosemary Potatoes

SERVES 4

4 U.S. Farm-Raised Catfish Fillets	2 tablespoons all-purpose flour
1½ cups all-purpose flour	1 cup chicken broth
¾ cup Parmesan cheese	Juice of 1 lemon
3-4 tablespoons olive oil	2 teaspoons capers
2 tablespoons butter	1½ teaspoons dill weed
	Salt and pepper to taste

ROSEMARY POTATOES

Red potatoes, thinly sliced with skin on

1 onion, sliced

Dried or fresh rosemary

Olive oil

Salt and pepper to taste

MIX flour and cheese. Press fillets in flour mixture to coat.

ADD olive oil to skillet and heat to medium-high. Add fillets, rounded side down, and cook 3 to 4 minutes or until golden brown. Turn fillets and cook an additional 3 to 4 minutes or until done. Remove from skillet and wipe clean with paper towel.

TO MAKE SAUCE, melt butter in skillet and stir in 2 tablespoons flour. Slowly add chicken broth, stirring constantly to begin thickening. Add lemon juice, capers and dill weed.

ADJUST seasoning and add salt and pepper to taste.

PLACE cooked fillets on platter and top with Caper and Dill Sauce.

SERVE with Rosemary Potatoes.

IN SAUTÉ PAN, cook onion in olive oil 3 to 4 minutes at medium-high heat. Add more olive oil and sliced potatoes. Add rosemary, salt and pepper to taste. As potatoes begin to cook, toss every few minutes until done.



Catfish with Lemon Pasta

SERVES 4

LEMON PASTA

½ pound pasta
 ⅓ cup olive oil
 ⅓ cup grated Parmesan cheese
 ¼ cup fresh lemon juice
 1-2 teaspoons lemon zest
 Salt and freshly ground pepper
 ¼ cup fresh basil leaves, chopped (or 1 tablespoon dried)

COOK pasta in salted water until tender but still firm. Meanwhile, whisk oil, cheese, lemon juice and lemon zest to blend. Drain pasta, reserving 1 cup of cooking liquid. Toss pasta with lemon sauce. If needed, add some of the reserved liquid. Season with salt and pepper.

4 U.S. Farm-Raised Catfish Fillets
 2 teaspoons salt
 1 teaspoon dried, crushed red pepper flakes
 5 tablespoons olive oil
 1 medium onion, finely chopped



1 (14.5-ounce) can diced tomatoes
 1 cup dry white wine (or chicken broth)
 4 cloves garlic, chopped
 3 tablespoons chopped Italian parsley (or 1 tablespoon dried)
 3 tablespoons chopped fresh basil (or 1 tablespoon dried, crushed)
 1 teaspoon dried oregano leaves, crushed

SEASON fish with salt and red pepper flakes. Heat 3 tablespoons oil in a heavy skillet over medium-high heat. Add fish and sauté rounded side down for 3 minutes; turn, and sauté 3 minutes or until cooked. Transfer fish to a plate and set aside.

ADD onion to same skillet and add 1 to 2 tablespoons olive oil. Sauté until translucent.

ADD tomatoes with their juices, wine (or chicken broth), garlic, parsley, basil and oregano. Simmer until sauce is reduced slightly or about 10 minutes.

GENTLY return fish and any juice to tomato mixture to absorb spices.

SERVE over Lemon Pasta.





Classic Fried Catfish with Hushpuppies and Tartar Sauce



SERVES 4

4 U.S. Farm-Raised Catfish Fillets
 ¾ cup yellow cornmeal
 ¼ cup all-purpose flour
 2 teaspoons salt
 1 teaspoon cayenne pepper
 ¼ teaspoon garlic powder
 Vegetable oil for frying

HUSHPUPIES

1½ cups self-rising cornmeal
 ½ cup self-rising flour
 1 tablespoon sugar
 1 teaspoon salt
 ¼ cup jalapeños, finely chopped (optional)
 4 green onions, thinly sliced
 1 cup buttermilk
 1 large egg, beaten
 ½ cup sharp cheddar cheese, shredded

TARTAR SAUCE

1 cup mayonnaise
 2 teaspoons Dijon mustard
 3 tablespoons sweet pickles, finely chopped
 2 tablespoons capers, chopped
 3 tablespoons green onions (use white bulb of onion), finely chopped; reserve green leaves for making hushpuppies)
 2 teaspoons lemon juice
 1 tablespoon fresh parsley, chopped
 Salt and pepper to taste

COMBINE cornmeal, flour, salt, cayenne pepper and garlic powder.

COAT catfish with mixture, shaking off excess. Fill a large, heavy skillet half full with vegetable oil. Heat to 350° F.

ADD catfish in a single layer, and fry until golden brown, 5 to 6 minutes, depending on size.

REMOVE fish from oil and drain on paper towels.

SERVE with Hushpuppies and Tartar Sauce.

PREHEAT oil to 350° F.

Combine cornmeal, flour, sugar and salt. Mix well.

In a separate bowl, combine jalapeños, onions, buttermilk, egg and cheese. Add to dry ingredients, stirring until just moistened. Cover with plastic wrap and let rest for 15 minutes. Drop batter by heaping teaspoons into heated oil and fry, turning hushpuppies to cook evenly, until golden brown.

COMBINE mayonnaise, mustard, pickles, capers, green onions, lemon juice and parsley. Mix well. Add salt and pepper. Chill before serving to allow the flavors to marry.

Oven-Baked Blackened Catfish & Savory Cheese Grits

SERVES 4

SAVORY CHEESE GRITS

1 cup chicken broth
 1 cup water
 ½ cup half-and-half
 ¾ cup quick grits
 2 tablespoons butter

1 teaspoon salt
 ⅛ teaspoon paprika
 ⅛ teaspoon garlic powder
 ⅛ teaspoon cayenne pepper
 ¼ teaspoon white pepper
 ½ cup sharp cheddar cheese

BRING chicken broth, water and half-and-half to a boil over medium-high heat. Gradually whisk in grits. Reduce heat to medium-low and cover. Cook 5 to 7 minutes or until thickened, stirring occasionally. Add remaining ingredients, stirring until well blended. Remove from heat. Allow to cool slightly.

1 pound U.S. Farm-Raised Catfish Fillets
 2 tablespoons olive oil
 3 tablespoons paprika
 1 teaspoon salt
 1 teaspoon onion powder

1 teaspoon black pepper
 1 teaspoon cayenne pepper
 1 teaspoon dried thyme
 1 teaspoon dried oregano
 ½ teaspoon garlic powder

PREHEAT oven to 375° F.

CREATE a spice rub by combining paprika, salt, onion powder, black pepper, cayenne pepper, thyme, oregano and garlic powder.

LINE a sheet pan with foil and lightly brush with olive oil.

PAT fillets dry. Brush with olive oil.

RUB both sides of fillets with spice rub.

PLACE serving side up on oiled pan and bake 15 to 20 minutes or until nicely browned.

SERVE with Savory Cheese Grits.



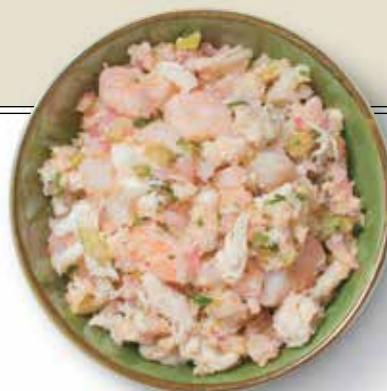




Seafood-Stuffed Catfish

SERVES 4

4 U.S. Farm-Raised Catfish Fillets	2 tablespoons green onions, sliced	4 ounces freshwater prawns or shrimp, cooked and roughly chopped
4 tablespoons unsalted butter	1 tablespoon lemon juice	Parmesan cheese
1 small red onion, finely chopped	½ teaspoon cayenne pepper	Paprika
1 celery rib, finely chopped	½ cup unseasoned breadcrumbs	2 tablespoons butter, melted
1 garlic clove, pressed	4 ounces white crab meat, pasteurized	
1 tablespoon dried parsley		



PREHEAT oven to 400° F.

PLACE fillet rounded side up on cutting board. Form a pocket by making a slit lengthwise on thicker part of fillet, taking care not to cut all the way through.

FLAKE crab meat and check for pieces of shells.

IN A LARGE SKILLET, melt butter over medium heat. Sauté onion and celery until tender. Add garlic; cook 2 more minutes. Add parsley and green onions and remove from heat.

STIR in lemon juice, cayenne pepper and breadcrumbs.

ADD crabmeat and prawns or shrimp, tossing gently.

STUFF fillet pockets with seafood mixture. Sprinkle with Parmesan cheese, paprika and melted butter.

BAKE 20 to 25 minutes or until done.

GARNISH with lemon slices and parsley.

Onion-Crusted Catfish

SERVES 8

8 U.S. Farm-Raised
Catfish Fillets

1 cup all-purpose flour

1 teaspoon salt

¼ teaspoon cayenne pepper

1 teaspoon lemon zest

1 cup French Fried Onions,
crushed

PECAN SAUCE

½ cup butter

½ cup chopped pecans

2 tablespoons lemon juice

1 tablespoon Worcestershire
sauce

1 tablespoon fresh parsley,
chopped

COMBINE flour, salt, cayenne pepper and lemon zest in shallow bowl.

DREDGE fillets in flour mixture and press in crushed fried onions, coating well.

BROWN fillets over medium-high heat serving side down for 3 to 4 minutes.

TURN fillets and cook 3 to 4 more minutes or until done.

WHILE fillets are cooking, make Pecan Sauce.

PLACE fillets on plate and serve with sauce.

MELT butter in small saucepan until bubbly and slightly browned.

ADD pecans and cook 1 minute to lightly toast.

ADD lemon juice and Worcestershire sauce. Remove from heat; add parsley. Spoon over fish.





FRESH FROM THEIR PONDS TO YOUR PLATE.

2013 Catfish Farmers of the Year,
Shorty Jones (Mississippi), Derry Bone (Alabama) and Brad Graham (Arkansas)







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