

FRESH IDEAS FOR U.S. CATFISH



FRESH FROM OUR FARM TO YOUR PLATE.

U.S. FARM-RAISED CATFISH is the freshest, healthiest fish available. It is raised in pure, freshwater ponds and fed a strict diet of nutritious grains – which not only ensures quality, but also gives U.S. Catfish a perfectly mild flavor that works in almost any recipe.

We've collected some of our favorite new recipes here. From chowder to tacos, U.S. Catfish gives you the freedom to experiment with virtually any flavor. Thanks to our hardworking American farmers, you can rely on fresh U.S. Catfish year-round. Just be sure to look for the U.S. Farm-Raised seal, and you'll know you're getting the best.



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BAKED CATFISH IN PAPILOTES

2 U.S. Farm-Raised Catfish Fillets
2 celery ribs, cut into 3-inch pieces,
then cut into long strips
1 large carrot, peeled and cut into
3-inch pieces, then cut into long strips
1 medium red onion, halved
then sliced
¼ cup olive oil
2 large sheets parchment paper
3 tablespoons dry white wine
1 lemon, juiced
2 tablespoons clam juice
1 large tomato, seeded and chopped
1 teaspoon fresh thyme leaves
1 teaspoon fresh dill, chopped
1 teaspoon fresh tarragon, chopped
2 tablespoons fresh parsley,
finely chopped
½ teaspoon salt
½ teaspoon freshly ground
black pepper

1. Preheat oven to 400° F. Bring small pot of water to boil. Add celery and carrots; cook 1 minute. Remove and place in bowl under running cold water. Place on paper towel to dry.

2. Cut 2 sheets of large parchment paper into a 20 x 20 in. square; fold in half and lightly crease. Unfold paper; lightly brush one side of each paper with olive oil. Divide celery, carrots and onion evenly into a small pile on one half of each paper. Place one fillet on top of each. Lightly fold up edges to create a small, bowl-like vessel.

3. In bowl, combine wine, lemon juice and clam juice. Drizzle each fillet with 3 tablespoons of mixture, ensuring that it is contained in the paper. Place half the chopped tomato over each fillet and sprinkle half of each fresh herb over tomatoes. Season with salt and pepper.

4. Fold parchment paper over fillet and vegetables. Beginning at the creased corner, start folding the edges over one-half inch. Continue until paper is a series of tight, overlapping folds.

5. Place papillotes on large baking sheet. Bake 11 minutes or until bags are nicely puffed and slightly browned.

SERVES 2





CATFISH QUICHE

- 1.** Preheat oven to 350° F.
- 2.** In large bowl, beat together mayonnaise, flour, eggs, milk, salt and pepper.
- 3.** Fold in catfish, cheese and onion. Pour into pie crust. Bake in middle of oven for 40 minutes, or until a knife inserted near the center comes out clean.
- 4.** Cool on wire rack 5 minutes before serving. Garnish with thinly sliced green onions if desired.

SERVES 2

2 U.S. Farm-Raised Catfish Fillets,
cooked and flaked
½ cup mayonnaise
2 tablespoons flour
2 large eggs, beaten
½ cup whole milk
¼ teaspoon salt
¼ teaspoon freshly ground
black pepper
1 cup Swiss cheese, grated
½ cup green onion, thinly sliced
1 9-inch unbaked pie crust or 8 mini
pie crusts



CAJUN CATFISH WITH HONEY DIJON BACON POTATO SALAD

CAJUN CATFISH

4 U.S. Farm-Raised Catfish Fillets
½ cup fish breading
1 tablespoon Creole seasoning
1½ to 2 cups frying oil

HONEY DIJON BACON POTATO SALAD

5 cups baby Yukon gold potatoes,
cooked and quartered
1 medium red onion, diced
1½ cups celery, diced
1 cup bacon, cooked, drained
and chopped
2 tablespoons honey
2 tablespoons mayonnaise
1 tablespoon Dijon mustard
1 tablespoon Creole mustard
1 tablespoon fresh parsley, chopped
Salt and pepper to taste
Hot sauce to taste

1. Combine fish breading and Creole seasoning in shallow bowl. Coat catfish in breading, lightly shaking off any excess.

2. In large skillet, heat oil over high heat. Fry catfish until golden brown, about 3 minutes per side. Place on paper towel to drain.

3. Serve immediately with Honey Dijon Bacon Potato Salad.

SERVES 4

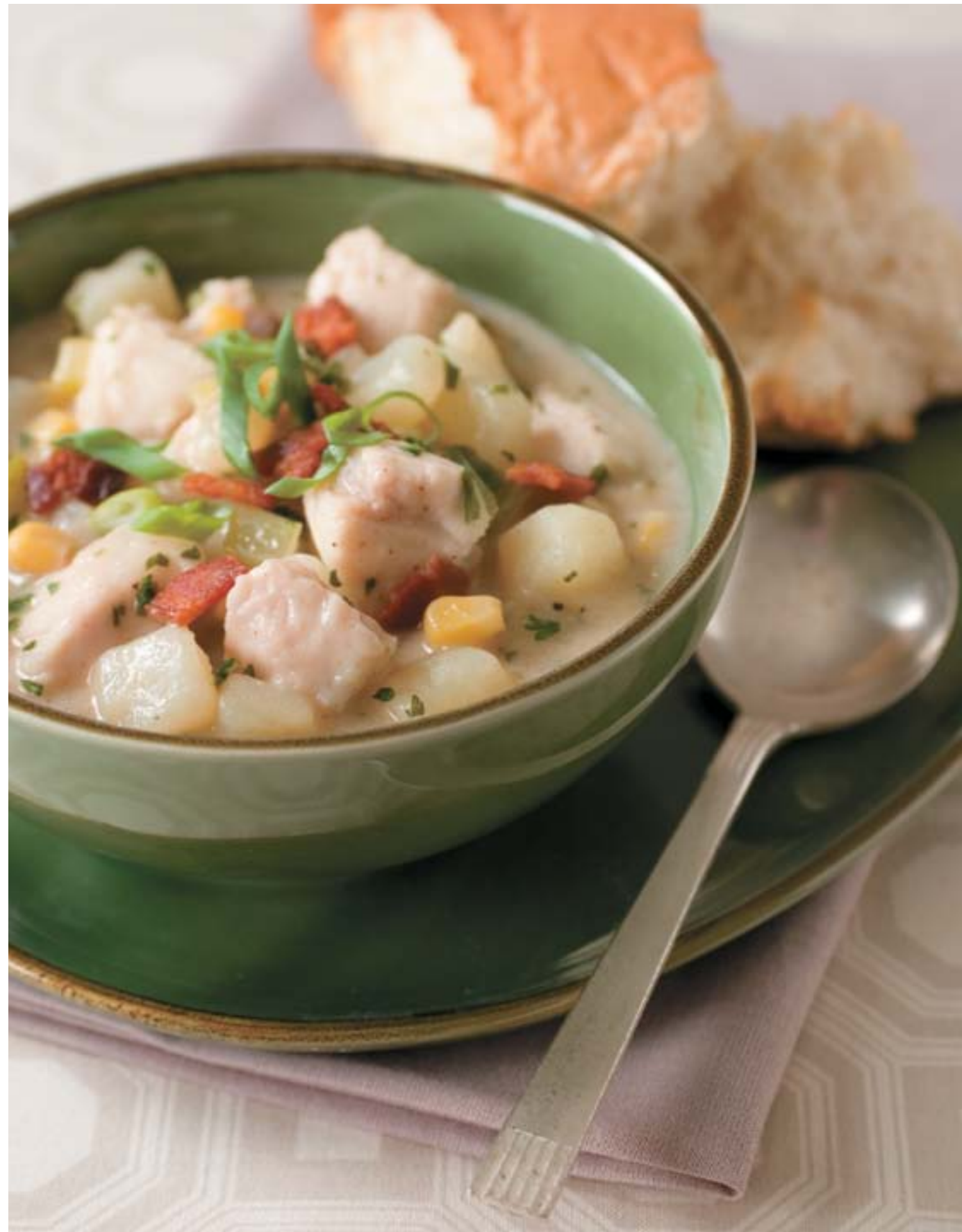


HONEY DIJON BACON POTATO SALAD



Combine all ingredients and mix well. Adjust seasoning with salt, pepper and hot sauce. Cover and refrigerate.





CLASSIC CATFISH CHOWDER

- 1.** In large stock pot over medium high heat, cook bacon until nicely browned. Remove bacon strips and set aside. Add onion and celery to pot; cook 5 minutes.
- 2.** In small bowl, combine flour and Old Bay seasoning. Sprinkle flour mixture evenly over onion and celery, stirring to absorb all oil. Cook 3 more minutes.
- 3.** Add chicken stock; stir to combine vegetables. Add potatoes, corn, parsley and $\frac{3}{4}$ cup of green onions; cook 5 minutes. Add catfish; cook 5 more minutes or until catfish is cooked through.
- 4.** Add cream, hot sauce, and salt and pepper to taste. Garnish with remaining green onions and diced bacon pieces. Serve with crusty bread.

SERVES 10



- 4 U.S. Farm-Raised Catfish Fillets, cut into bite-size pieces
- 6 slices thick-cut bacon
- 3 cups yellow onion, diced
- 1½ cups celery, diced
- $\frac{3}{4}$ cup flour
- 2 tablespoons Old Bay® seasoning
- 6 cups chicken stock
- 2 large baking potatoes, cut into bite-size pieces, boiled and drained
- 1 15-ounce can whole kernel sweet corn, drained
- $\frac{1}{4}$ cup fresh parsley, finely chopped
- 1 cup thinly sliced green onion, divided
- 1 cup heavy cream
- $\frac{1}{2}$ teaspoon hot sauce
- Salt and pepper to taste

ROSEMARY CATFISH

4 U.S. Farm-Raised Catfish Fillets
 ½ fresh lemon per fillet
 Salt and pepper to taste

CITRUS SAUCE

Juice and zest of 1 lime
 Zest of 1 lemon
 Zest of 1 orange
 6 ounces pineapple juice
 ½ cup brown sugar
 1 tablespoon fresh rosemary, chopped
 ¼ teaspoon salt



GRILLED CITRUS ROSEMARY CATFISH

1. Preheat grill.
2. Place catfish in shallow dish and squeeze ½ fresh lemon over each. Sprinkle with salt and freshly ground black pepper. Let sit 5 minutes.
3. Place catfish fillets on grill skin side up for 3 to 4 minutes. Flip over and grill 2 to 3 more minutes.
4. Transfer catfish to serving plate and spoon warmed Citrus Sauce over fillets.

SERVES 4

CITRUS SAUCE

Combine all ingredients in a small sauce pan. Bring to boil; reduce heat and simmer 5 minutes.





OKRA CATFISH STEW

- 1.** Place large stock pot over medium high heat for 1 minute; add oil. Add onion; cook 3 minutes or until translucent.
- 2.** Add tomatoes, tomato juice, okra, bay leaves, thyme, oregano and potatoes. Bring to a simmer and cook 10 minutes.
- 3.** Sprinkle catfish with seafood seasoning. Add catfish; continue to simmer 6 minutes or until catfish is cooked through.
- 4.** Add sugar, vinegar and hot sauce; season with salt and pepper to taste.

SERVES 10

6 U.S. Farm-Raised Catfish Fillets, cut into bite-size pieces
2 tablespoons vegetable oil
1 large yellow onion, diced
2 14-ounce cans diced tomatoes
4 cups tomato juice
1 16-ounce box frozen okra
3 dried bay leaves
¼ teaspoon dried thyme
¼ teaspoon dried oregano
1 large baking potato, cut into bite-size pieces
2 tablespoons seafood seasoning, such as Old Bay
¼ cup sugar
1½ tablespoons cider vinegar
½ teaspoon hot sauce
Salt and pepper to taste



BAKED MEDITERRANEAN CATFISH

4 U.S. Farm-Raised Catfish Fillets
1 tablespoon olive oil
1 cup zucchini, diced
½ cup red onion, sliced
2 garlic cloves, minced
½ cup mixed Mediterranean olives, halved
½ cup grape tomatoes, halved
2 tablespoons fresh basil, chopped
1 tablespoon capers
½ teaspoon salt
¼ teaspoon freshly ground black pepper
½ cup crumbled feta cheese, optional garnish

1. Preheat oven to 450° F.

2. Heat oil in sauté pan over medium heat. When oil is hot, add zucchini, onion and garlic. Cook 5 minutes or until onions are translucent. Remove from heat. Stir in olives, tomatoes, basil and capers.

3. Lightly brush catfish fillets with olive oil; season with salt and pepper. Place fillets into lightly oiled baking dish. Spoon equal amounts of vegetable mixture on top of each fillet. Bake 15 minutes or until fish flakes easily. Serve with crumbled feta cheese if desired.

SERVES 4





SOUTHERN-STYLE SWEET BOURBON GLAZED CATFISH WITH TOASTED PECANS

1. Place cornmeal into shallow dish and mix in seasoning blend. Coat fillets well and shake off any excess.
2. Place large sauté pan over medium heat; add oil. When hot, carefully add catfish. Cook approximately 3 to 4 minutes. Turn fillets over and cook 2 more minutes. Place catfish on serving platter.
3. Discard any remaining oil in pan and wipe clean with a paper towel. Place pecans into hot pan, shaking constantly. Toast approximately 5 minutes or until lightly browned. Remove from pan and sprinkle over catfish.
4. Pour Sweet Bourbon Glaze over catfish fillets. Serve with roasted sweet potatoes and mustard greens.

SERVES 2



SWEET BOURBON GLAZE



Whisk together ingredients in small sauce pan. Bring to a boil; reduce heat and simmer 5 minutes.

- SOUTHERN-STYLE CATFISH**
- 2 U.S. Farm-Raised Catfish Fillets
 - ¼ cup seasoned cornmeal
 - 2 tablespoons of your favorite seasoning blend
 - ½ cup vegetable oil
 - ½ cup fresh pecans
- SWEET BOURBON GLAZE**
- ¼ cup dark brown sugar, packed
 - 2 tablespoons bourbon
 - 1 tablespoon molasses
 - 1 tablespoon apple cider vinegar
 - 1 tablespoon soy sauce
 - 1 garlic clove, minced
 - ¼ teaspoon red pepper flakes

ALL-AMERICAN JALAPEÑO AND HONEY BBQ CATFISH

CATFISH

2 U.S. Farm-Raised Catfish Fillets
1 lemon, halved
1 teaspoon kosher salt
1 teaspoon freshly ground black pepper

JALAPEÑO AND HONEY BBQ SAUCE

2 tablespoons sweet pickled jalapeños, chopped
2 tablespoons honey
½ cup of your favorite BBQ sauce

1. Preheat grill.
2. Place catfish in shallow dish and squeeze ½ fresh lemon over each fillet.
3. Season fillets with salt and pepper.
4. Place fillets on well-oiled grill for approximately 3 to 4 minutes; turn and grill 2 to 3 minutes more.
5. Transfer catfish to serving plate and drizzle with warm Jalapeño and Honey BBQ Sauce.

SERVES 2



JALAPEÑO AND HONEY BBQ SAUCE



Combine ingredients in microwave-safe bowl.
Cook 30 seconds or until heated through.





CATFISH ETOUFFÉE

1. Heat 2 tablespoons olive oil in sauté pan over high heat; add peppers, onion, celery and garlic.

Sauté until onions are soft. Add etouffée sauce and reduce to a simmer.

2. In another skillet, heat 1 tablespoon olive oil over medium high heat. Sprinkle fillets with Cajun seasoning. Place into skillet and sauté for approximately 4 to 5 minutes.

3. Turn fillets over and gently pour etouffée sauce over fillets. Reduce heat to low; simmer approximately 5 minutes or until catfish is cooked through.

4. Serve over rice.

SERVES 2



2 U.S. Farm-Raised Catfish Fillets
3 tablespoons olive oil, divided
1 to 2 cups mixed bell peppers, diced
½ cup red onion, diced
½ cup celery, diced
2 tablespoons fresh garlic, chopped
2 cups of your favorite etouffée sauce
2 teaspoons Cajun seasoning
spice blend
1 cup rice, cooked



CATFISH AND CRAB ROLL-UPS

8 U.S. Farm-Raised Catfish Fillets

Olive oil

¼ cup butter

¼ cup yellow onion, minced

1½ cups crabmeat

¼ cup fresh parsley, chopped

3 garlic cloves, minced

½ teaspoon salt

¼ teaspoon pepper

1 sleeve buttery round crackers, crushed

4 lemons, halved

½ cup grated Parmesan cheese

2 tablespoons butter

- 1.** Preheat oven to 400° F.
- 2.** Lightly coat bottom of 13 x 9 baking pan with olive oil.
- 3.** In sauté pan over medium heat, melt butter. Add onion; cook 2 minutes or until translucent. Add crabmeat, parsley, garlic, salt and pepper. Cook 2 minutes, remove from heat and stir in crushed crackers.
- 4.** Place fillets flat side up on work surface. Spread crab mixture evenly over each fillet. Begin rolling from the thinner end of the fillet toward the thicker end. Secure each roll with two toothpicks.
- 5.** Place each roll in baking pan so the crab filling is up. Squeeze ½ lemon over each fillet, then sprinkle with Parmesan cheese and dot with butter. Cover pan with aluminum foil; bake 15-18 minutes or until fish is cooked through.

SERVES 4





BAKED CINNAMON CHIPOTLE CATFISH WITH SWEET PEPPER SLAW

1. Preheat oven to 425° F.
2. To make slaw, combine all items. Toss well; cover and refrigerate until ready to use.
3. Lightly brush catfish fillets with olive oil; season with Cinnamon Rub and set aside.
4. Heat large skillet over medium high heat; add remaining olive oil. Add fillets and cook 1 minute on each side.
5. Place fillets into oiled baking dish. Bake 7 to 9 minutes until fish flakes easily. Remove from oven and let rest 4 minutes.
6. Place Sweet Pepper Slaw on a serving platter and top with baked catfish fillets.

SERVES 4



CINNAMON CHIPOTLE RUB



Combine all ingredients in small bowl and mix well.

BAKED CATFISH

2 U.S. Farm-Raised Catfish Fillets
3 tablespoons olive oil

SWEET PEPPER SLAW

1 pound shredded slaw mix
1 large seedless cucumber, peeled, seeded and diced
½ cup red bell pepper cut into thin strips
¼ cup cider vinegar
2 tablespoons Creole mustard
1 tablespoon sugar
Salt and pepper to taste

CINNAMON CHIPOTLE RUB

1 tablespoon brown sugar
1 teaspoon kosher salt
½ teaspoon garlic powder
½ teaspoon chipotle powder
½ teaspoon ground cinnamon

OVEN-BAKED CATFISH CAKES WITH LEMON CAPER SAUCE

CATFISH CAKES

- 1 lb. U.S. Farm-Raised Catfish Fillets, cooked
- 1½ cups mashed potatoes
- ¼ cup red onion, diced
- ¼ cup red bell pepper, diced
- 1 teaspoon fresh parsley, chopped
- 1 tablespoon Creole mustard
- 1 tablespoon mayonnaise
- ½ teaspoon capers, chopped
- ½ teaspoon salt
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon hot sauce
- 1 cup bread crumbs
- ¼ cup olive oil

LEMON CAPER SAUCE

- 2 tablespoons mayonnaise
- 1 tablespoon Creole mustard
- ¼ teaspoon Cajun seasoning blend
- 1 tablespoon capers, chopped
- 1 teaspoon hot sauce
- 1 tablespoon red onion, finely diced
- ½ lemon, juiced

1. Preheat oven to 350° F.
2. Mix together all ingredients except olive oil and bread crumbs. Shape into equal size cakes and coat with bread crumbs.
3. In medium skillet, heat oil over medium high heat. Cook catfish cakes 2 minutes on each side.
4. Transfer catfish cakes to greased baking sheet; bake in oven 15 minutes.
5. Remove catfish cakes from oven and place on serving dish. Garnish with Lemon Caper Sauce and fresh lemon wedges.

SERVES 4



LEMON CAPER SAUCE



Combine all ingredients and mix well.





CATFISH PINWHEELS WITH BLEU CHEESE, DRIED CHERRIES AND ARUGULA

1. Lay flat bread onto work surface. Spread layer of Bleu Cheese Spread across entire surface. Add layer of catfish, then top with thin layer of arugula.
2. Starting at one end, tightly roll up flat bread. Repeat with remaining flat bread. Cover with plastic wrap and place in refrigerator for 5 minutes to chill before slicing.
3. Slice into 1-inch pieces and place on serving tray.

SERVES 7 WRAPS (40 PIECES)



BLEU CHEESE SPREAD



In the bowl of an electric mixer, combine cream cheese, bleu cheese, dried cherries, salt and pepper. Mix on high 3 minutes or until completely incorporated.

CATFISH PINWHEELS

- 2 U.S. Farm-Raised Catfish Fillets, cooked and flaked
- 3 cups arugula
- 1 package "flat-out" wraps

BLEU CHEESE SPREAD

- 1 8-ounce cream cheese, softened
- ½ cup bleu cheese
- ½ cup dried cherries
- ¼ teaspoon salt
- ¼ teaspoon black pepper

JAMAICAN JERK CATFISH SALAD

JAMAICAN JERK CATFISH

- 2 U.S. Farm-Raised Catfish Fillets
- ¼ cup vegetable oil
- 2 tablespoons Jerk seasoning
- 1 bag salad greens
- ½ mango, sliced
- ½ red bell pepper, finely diced
- 1 plantain, sliced in thin strips and fried, optional garnish

JAMAICAN DRESSING

- ¼ cup canned chipotle in adobo sauce
- 1 lime, juiced
- 1½ teaspoons sugar
- 1 tablespoon olive oil
- 2 tablespoons water
- ¼ cup sour cream
- 2 tablespoons fresh cilantro, chopped

1. Combine vegetable oil and Jerk seasoning in small bowl. Toss fillets with mixture to coat. Cover bowl with plastic wrap; marinate 30 minutes or overnight.

2. Preheat grill.

3. On hot grill, place catfish serving side down. Cook 4 minutes, turn and cook another 4 minutes or until done. Remove from grill and set aside to cool. Slice on the bias into 1-inch strips.

4. Place salad greens on plate. Add layer of sliced mango, grilled catfish and red bell pepper. Drizzle with Jamaican Dressing and top with fried plantain strips if desired.

SERVES 2



JAMAICAN DRESSING



Puree adobo, lime juice and sugar in blender. Slowly drizzle in oil while running. Next, drizzle in water while running. Add sour cream and blend until smooth. Add cilantro and pulse a few times to blend.





CATFISH SALAD IN PITA

1. Sprinkle cooked catfish with Cajun seasoning.
2. Combine catfish, bell peppers, celery, onion, mayonnaise, hot sauce, and salt and pepper in bowl; mix well.
3. Place lettuce leaf and tomato slice in each pita half; spoon in catfish salad.

SERVES 4



CATFISH SALAD



Counting carbs? Forget the pita, and simply serve atop a bed of fresh lettuce.

- 2 U.S. Farm-Raised Catfish Fillets, cooked and flaked
- 1 tablespoon Cajun seasoning
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 cup celery, diced
- ½ red onion, finely diced
- ½ cup green onion, thinly sliced
- 1 cup mayonnaise
- 1 tablespoon hot sauce
- Salt and pepper to taste
- 4 whole-wheat pita rounds, split and opened
- 8 green leaf lettuce leaves
- 1 large tomato, sliced (optional)

SPICY ASIAN CATFISH WITH STIR-FRIED VEGETABLES

SPICY ASIAN CATFISH

3 U.S. Farm-Raised Catfish Fillets
3 teaspoons Chinese 5 Spice
½ cup Asian marinade
4 tablespoons olive oil
1 cup sliced mushrooms
1 cup snow peas
1 cup bias-cut celery (thin)
1 cup sliced red and yellow bell peppers
2 teaspoons corn starch
1 cup bean sprouts
½ teaspoon salt
Cooked rice or noodles for serving

ASIAN MARINADE

6 ounces pear juice
¼ cup soy sauce
¼ cup rice vinegar
1 tablespoon fresh ginger, grated
½ teaspoon ground red pepper
¼ cup honey
½ teaspoon ground mustard

1. Cut catfish into bite-size chunks. Place in shallow dish and add Chinese 5 Spice; toss to coat. Add ½ cup Asian Marinade and toss to coat; let sit 10 minutes.

2. While fish is marinating, heat large skillet or wok over high heat for 2 minutes; add oil. Add all vegetables except bean sprouts; cook 3 minutes, stirring frequently. Remove with slotted spoon and set aside. Add catfish to hot skillet and stir-fry 2 minutes.

3. Mix in 2 teaspoons of corn starch and reserved marinade; stir until there are no lumps. Add marinade and cornstarch mixture to pan. Add vegetables and bean sprouts. Cook 2 minutes or until sauce has thickened. Season with salt.

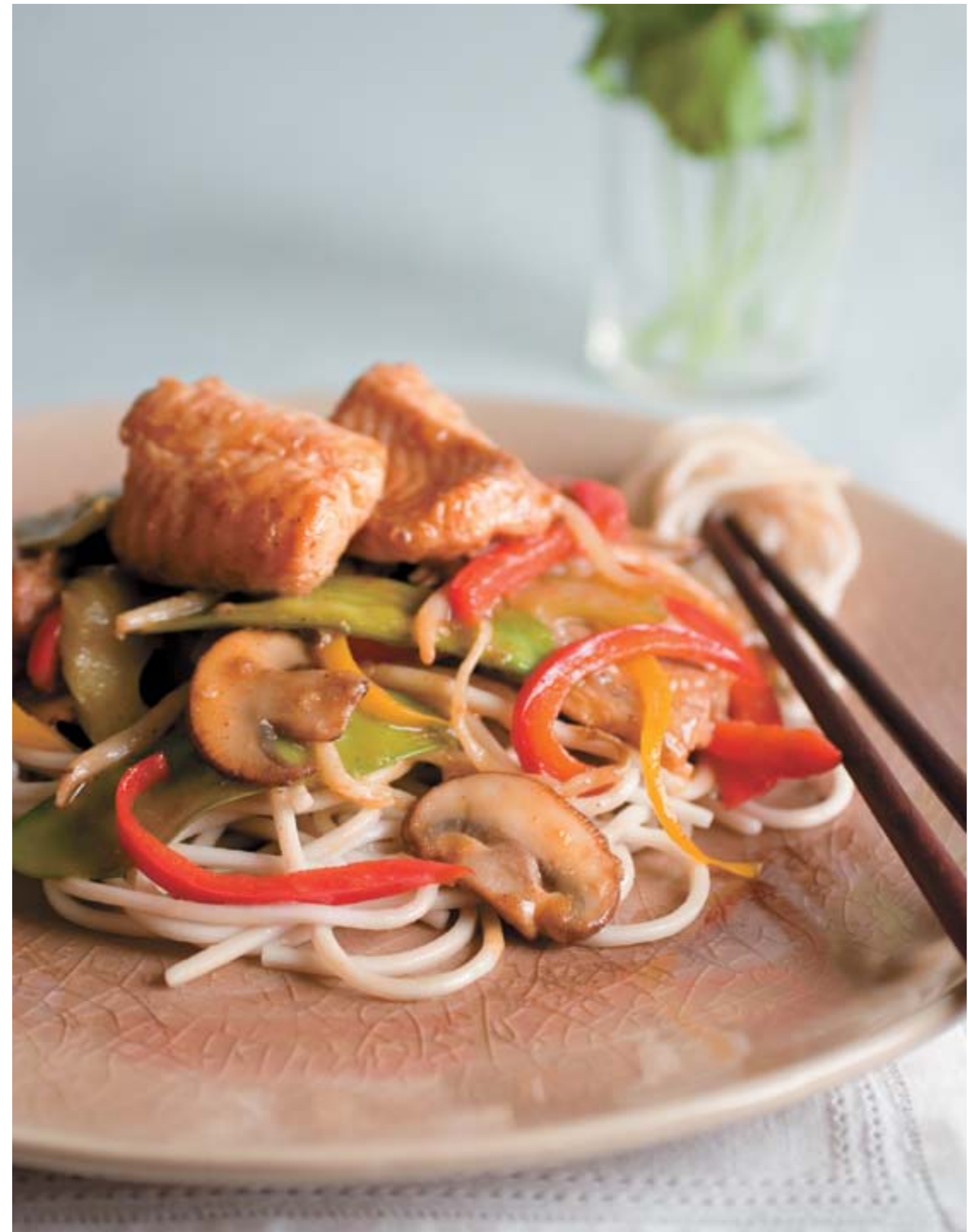
4. Remove from heat and plate with your choice of rice or noodles.

SERVES 4-6

ASIAN MARINADE



Whisk together all ingredients in medium bowl.





BAKED CATFISH PROVENCAL

1. Preheat oven to 400° F.
2. Place 1 tablespoon olive oil in skillet over medium high heat. Add mushrooms, onion and garlic; sauté until tender, about 5 minutes.
3. Add grape tomatoes and crushed tomatoes; cook 3 more minutes until heated through.
4. While vegetables are cooking, add butter and remaining olive oil to ovenproof skillet over medium high heat. Season both sides of catfish with Italian herbs, salt and pepper. Carefully place catfish in skillet; cook 3 minutes. Turn fillets and cook another 2 minutes.
5. Slowly spoon vegetable mixture onto fillets in skillet. Place in oven and cook 5 minutes. Remove from oven; sprinkle with Italian parsley. Serve with your favorite pasta.

SERVES 2



2 U.S. Farm-Raised Catfish Fillets
2 tablespoons olive oil, divided
1 cup mushrooms, sliced
½ sweet onion, thinly sliced
3 garlic cloves, minced
1 cup grape tomatoes, halved
1 cup crushed tomatoes
1 tablespoon butter
1 tablespoon dried Italian herbs
1 teaspoon salt
1 teaspoon freshly ground black pepper
¼ cup chopped Italian parsley
2 servings pasta, cooked



CATFISH AND SHRIMP STUFFED MUSHROOMS

2 U.S. Farm-Raised Catfish Fillets,
cooked and flaked
½ cup melted butter
1 cup seasoned croutons, crushed
¾ cup mozzarella cheese, shredded
½ cup Parmesan cheese, grated
8 ounces small shrimp,
peeled and cooked
3 garlic cloves, minced
1 teaspoon fresh thyme leaves
1 lemon, zested
1 teaspoon fresh lemon juice
½ teaspoon salt
½ teaspoon pepper
1 pound fresh button mushrooms,
stems removed

- 1.** Preheat oven to 425° F. Line baking sheet with parchment paper.
- 2.** Combine all ingredients except mushrooms in bowl and stir well to incorporate.
- 3.** Spoon catfish mixture into mushrooms; place stuffed mushrooms onto baking sheet.
- 4.** Cook 10 to 12 minutes or until lightly browned. Garnish with thyme leaves. Serve warm.

SERVES 4-6





CLASSIC CATFISH PO' BOY WITH HOMEMADE SLAW

- 1.** In a shallow dish, mix breading and seasoning. Coat fillets in mixture, shaking off any excess.
- 2.** Heat oil in large skillet over medium high heat. Add fillets; cook until golden brown, approximately 4 minutes. Turn once, remove catfish and let drain on paper towel.
- 3.** Split French rolls and spoon slaw mix in, place fried catfish on top of slaw, and add sliced tomatoes.

SERVES 2



HOMEMADE SLAW



Combine all ingredients and season to taste; cover and refrigerate.

CATFISH PO' BOY

2 U.S. Farm-Raised Catfish Fillets
4 ounces fish breading
2 tablespoons Cajun seasoning
1 to 1½ cups frying oil
2 6-inch French rolls
1 ripe tomato, sliced

HOMEMADE SLAW

1 pound slaw mix
1 tablespoon sugar
¼ cup cider vinegar
½ cup mayonnaise
2 tablespoons Creole mustard
Salt and pepper to taste
Hot sauce to taste



CATFISH TACOS WITH STRAWBERRY CILANTRO SALSA

CATFISH TACOS

4 U.S. Farm-Raised Catfish Fillets
4 tablespoons fresh lime juice
3 garlic cloves, minced
1 teaspoon kosher salt
3 tablespoons hot sauce
4 tablespoons oil
8 hard taco shells
½ head of lettuce

STRAWBERRY CILANTRO SALSA

8 ounces strawberries, sliced lengthwise
1 lime, zested and juiced
¼ cup fresh cilantro, minced

1. Place lime juice, garlic, salt, hot sauce and oil in large re-sealable freezer bag. Seal bag and mix contents well. Add catfish fillets; reseal bag and coat fillets with marinade. Place in refrigerator for 30 minutes.

2. While catfish is marinating, combine strawberries, lime juice, zest and cilantro in small bowl and set aside.

3. Preheat grill.

4. Remove catfish from bag and discard marinade. Place fillets on grill; cook 3 to 4 minutes. Turn and grill 3 more minutes or until cooked through.

5. To assemble tacos, line taco shells with lettuce. Cut fillets into long strips and place in shells. Top with Strawberry Cilantro Salsa.

SERVES 4





SPRING ONION AND CHEDDAR CATFISH CASSEROLE

- 1.** Preheat oven to 375° F. Lightly coat 11 x 13 inch casserole dish with pan spray.
- 2.** Cook pasta according to package directions; drain and place in large mixing bowl. Add remaining ingredients and stir to combine.
- 3.** Spoon catfish mixture into casserole dish. Place in oven and cook 30 minutes or until top is nicely browned.

SERVES 4

4 U.S. Farm-Raised Catfish Fillets, cooked and roughly chopped
1 8-ounce package elbow macaroni
2 cups shredded cheddar cheese
2 10.75-ounce cans condensed cream of potato soup
2 eggs, lightly beaten
1 bunch green onions, thinly sliced
1 cup celery, diced
¼ cup yellow onion, diced
1½ tablespoons hot sauce
1 tablespoon fresh lemon juice
2 teaspoons Creole seasoning



POACHED CATFISH WITH FRESH MANGO SALSA

POACHED CATFISH

2 U.S. Farm-Raised Catfish Fillets
Salt and pepper to taste

POACHED LIQUID

2½ cups water
½ cup dry white wine
1 tablespoon whole peppercorns
2 garlic cloves
1 bay leaf
4 to 5 sprigs of herbs: parsley,
rosemary, chives, tarragon

FRESH MANGO SALSA

1 cup fresh mango, diced
1 cup fresh pineapple, diced
½ medium red onion, finely diced
½ jalapeño, seeded and finely diced
1 cup canned black beans, rinsed
½ fresh lime, juiced
½ cup grape tomatoes, halved
1 tablespoon fresh cilantro,
roughly chopped
Salt and pepper to taste

1. Place all poaching ingredients into sauté pan; bring to rolling boil. Reduce heat to simmer.
2. Sprinkle fillets with salt and pepper.
3. Gently place catfish into liquid; cover and cook approximately 4 to 5 minutes or until white and flaky.
4. Carefully remove catfish from poaching liquid with slotted spatula and place on serving platter. Spoon Fresh Mango Salsa over top of fish and serve.

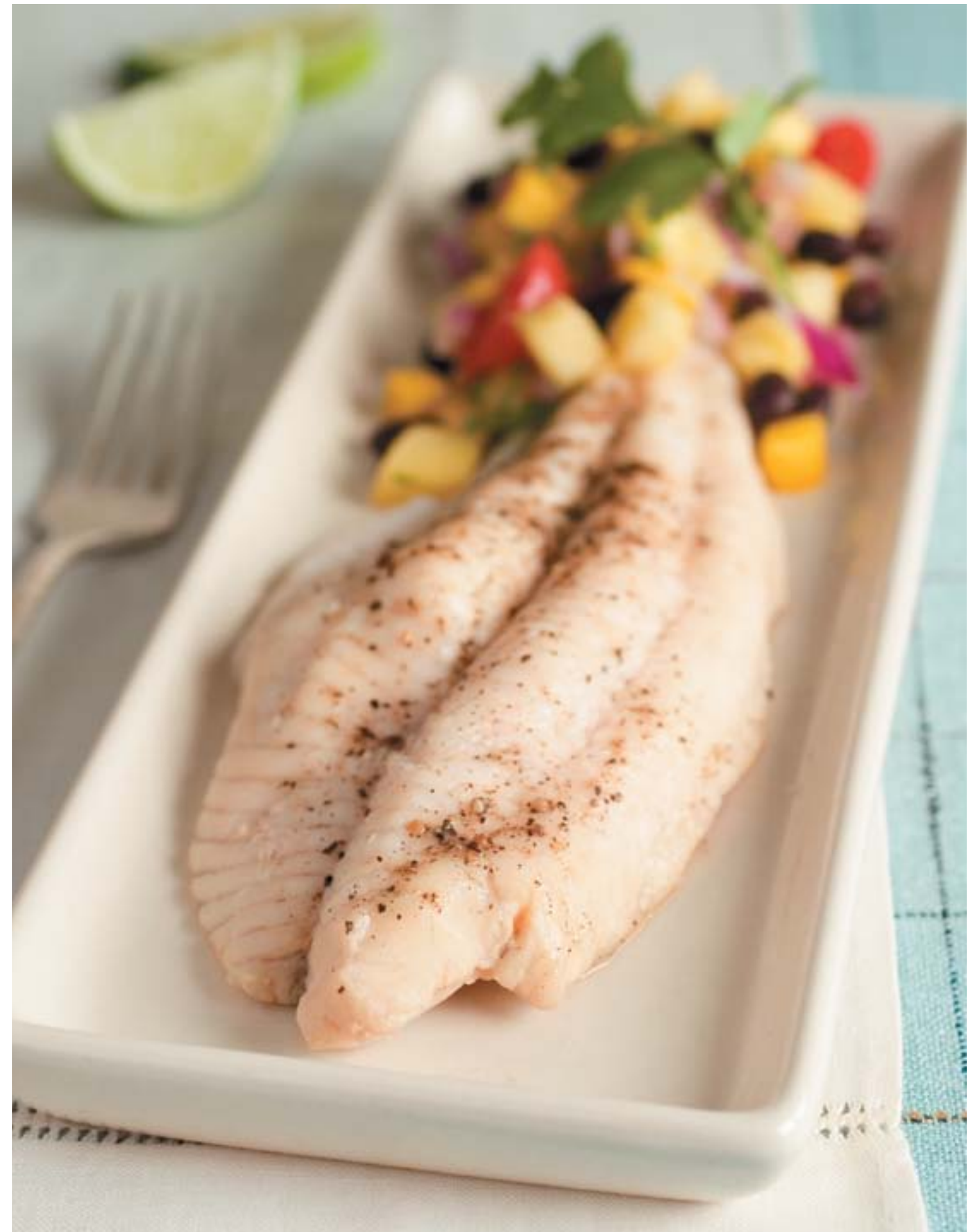
SERVES 2



FRESH MANGO SALSA



Combine all ingredients and season to taste.





POTATO-CRUSTED CATFISH WITH GRANNY SMITH'S APPLE & JALAPEÑO GLAZE

1. Preheat oven to 350° F.
2. Mix together mustards, honey and vinegar.
3. Spread mustard mixture over top of fillets; arrange potato slices over mustard, pushing down gently.
4. Heat olive oil in nonstick skillet over medium high heat. Place fillets potato side down into skillet. Cook 4 to 5 minutes.
5. Remove fillets and place on baking sheet. Bake in oven 12 minutes, or until potatoes are golden and fish is cooked through.
6. Remove catfish from oven. Place on serving plate and drizzle with glaze.



SERVES 2

APPLE & JALAPEÑO GLAZE



Combine glaze ingredients in small sauce pan. Warm slightly and drizzle over fillets when done.

POTATO-CRUSTED CATFISH

- 2 U.S. Farm-Raised Catfish Fillets
- 1 tablespoon Dijon mustard
- 1 tablespoon Creole mustard
- 1 tablespoon honey
- 1 teaspoon cider vinegar
- 2 medium potatoes, peeled and cut in paper-thin slices
- 4 tablespoons olive oil

APPLE & JALAPEÑO GLAZE

- ¼ cup apple jelly
- 1 tablespoon water
- ½ apple, peeled and diced
- ½ jalapeño, seeded and diced



SPINACH AND ARTICHOKE DIP WITH CATFISH

3 U.S. Farm-Raised Catfish Fillets,
baked and flaked
1-pound bag frozen chopped spinach,
defrosted and drained
1 8.5-oz can artichokes, drained
¾ cup Parmesan cheese,
grated and divided
½ cup green onions, diced
1 cup mayonnaise
2 tablespoons fresh garlic, chopped
1 teaspoon hot sauce
Salt and pepper to taste

- 1.** Preheat oven to 350° F.
- 2.** Squeeze excess moisture out of spinach and artichokes.
- 3.** Combine ½ cup Parmesan cheese and all remaining ingredients in large bowl. Transfer to glass baking dish; sprinkle with remaining ¼ cup cheese.
- 4.** Bake 40 minutes or until hot in the middle and golden brown.
- 5.** Serve warm with your favorite crackers.

SERVES 4





CATFISH AND BISCUITS

- 1.** Sprinkle catfish with Cajun seasoning.
- 2.** Place large skillet over medium high heat. Add butter and olive oil. When butter is melted and hot, add catfish. Cook 4 minutes, turn and cook another 4 minutes. Remove from skillet and set aside.
- 3.** Add onion, celery, bell peppers and mushrooms to skillet; cook 4 minutes. Add garlic; cook 2 more minutes. Add heavy cream, stirring to combine. Cook 4 minutes or until cream mixture has reduced by half. Season with hot sauce, salt and pepper.
- 4.** Split biscuits and place on serving plate. Cut fillets in half; place one half on each split biscuit and spoon sauce over each.

SERVES 4

(2 CATFISH BISCUITS PER SERVING)



2 U.S. Farm-Raised Catfish Fillets
1½ tablespoons Cajun seasoning
2 tablespoons butter
1 tablespoon olive oil
½ red onion, finely diced
½ cup celery, thinly sliced
½ red bell pepper, finely diced
½ green bell pepper, finely diced
4 large button mushrooms, sliced
1 large garlic clove, minced
1½ cups heavy cream
1 teaspoon hot sauce
Salt and pepper to taste
8 biscuits, cooked as directed

2 U.S. Farm-Raised Catfish Fillets
2 tablespoons butter, divided
¼ cup slivered almonds
1 lemon, zested and juiced



CATFISH ALMONDINE

- 1.** In large skillet over medium heat, melt 1 tablespoon butter. When melted, place fillets serving side down and cook 4 minutes or until nicely browned.
- 2.** Turn fillets; cook 4 more minutes or until done. Remove from skillet and set aside.
- 3.** Add remaining butter to skillet. Add almonds, zest and lemon juice. Cook 1 minute or until almonds begin to brown.
- 4.** Place catfish on plate and serve with almondine sauce.

SERVES 2



SPICY CATFISH STRIPS WITH THAI PEANUT DIPPING SAUCE

1. In small bowl, combine catfish and chili sauce.
2. In another small bowl, mix breading and Chinese 5 Spice. Add catfish strips a few at a time, tossing gently to coat with breading; shake off any excess.
3. In large skillet, heat oil to 350° F. Add catfish strips slowly and cook until golden brown, turning once (about 4 minutes).
4. Remove strips from oil and drain on paper towels. Place on serving dish with Thai Peanut Dipping Sauce.

SERVES 2



THAI PEANUT DIPPING SAUCE



In small saucepan, whisk together all ingredients over medium heat; bring to a simmer. Reduce heat to low; cook 5 minutes. Remove from heat and let cool to room temperature before serving.

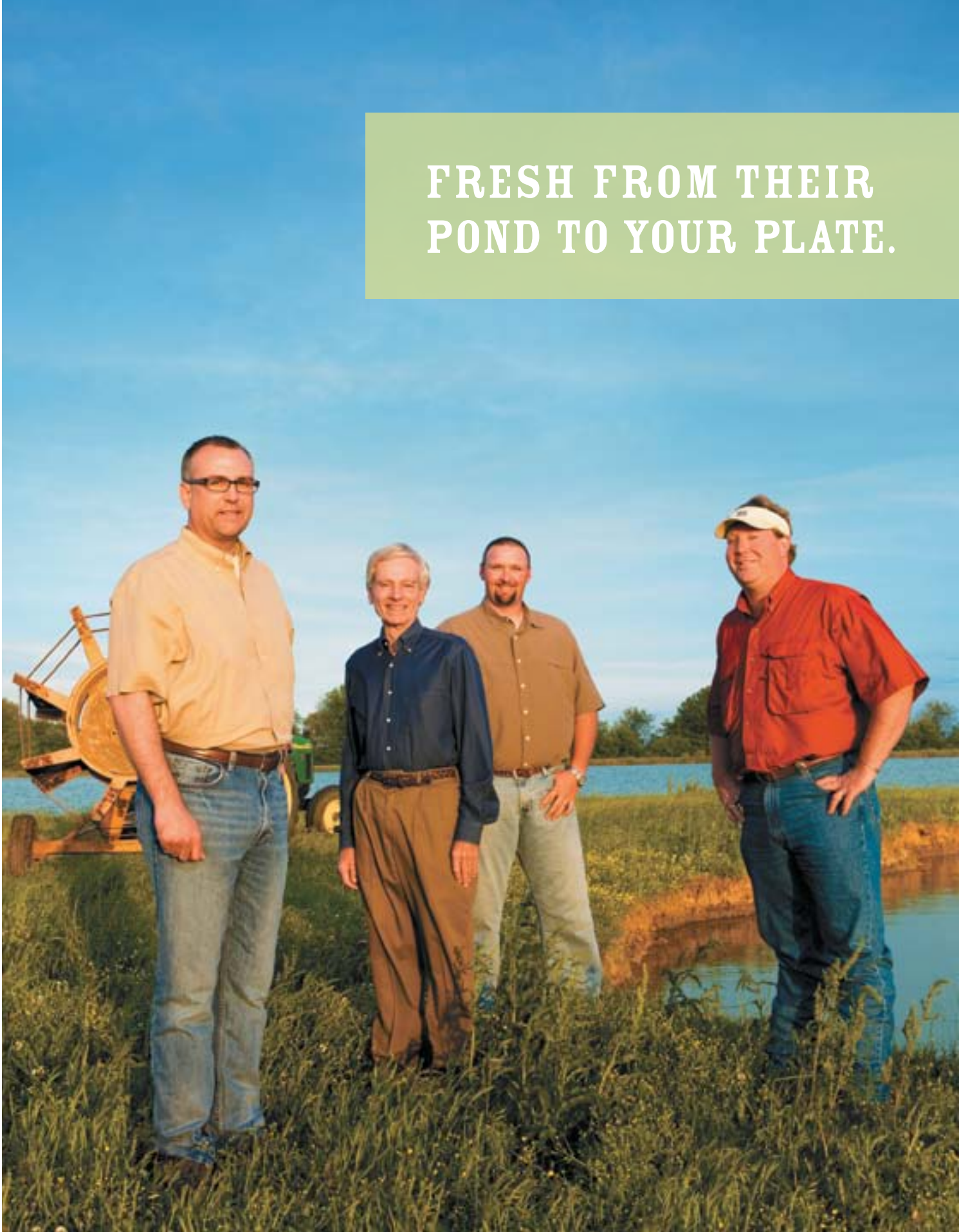
SPICY CATFISH STRIPS

2 U.S. Farm-Raised Catfish Fillets, cut into 1-inch strips
2 tablespoons chili sauce, such as Sriracha sauce
½ cup fish breading
1 tablespoon Chinese 5 Spice
2 cups vegetable oil

THAI PEANUT DIPPING SAUCE

½ cup reduced-fat coconut milk
3 tablespoons peanut butter
1 tablespoon reduced-sodium soy sauce
¼ teaspoon red pepper flakes
¼ teaspoon sesame oil
1 garlic clove, minced

FRESH FROM THEIR POND TO YOUR PLATE.



Due to an ever-growing demand for seafood, over 75% of the world's fish species are over-exploited or depleted. But U.S. catfish farming offers a large-scale, sustainable alternative. Our farmers' strict standards and the use of clay-based freshwater ponds maintain purity while protecting neighboring ecosystems. For these sound reasons, U.S. Farm-Raised Catfish is endorsed by the World Wildlife Fund, National Audubon Society and Environmental Defense Fund. The Monterey Bay Aquarium's *Seafood Watch* program also lists U.S. Farm-Raised Catfish as a "Best Choice."



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We hope you found a few new favorites in this recipe collection. We're always amazed with chefs' latest twists on U.S. Farm-Raised Catfish – and of course, we always enjoy trying them out. From a quick meal for a hungry family to new interpretations of international cuisine, U.S. Catfish always tastes great.

For even more recipes, be sure to visit www.UScatfish.com.



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