

# *Fresh Hospitality.*

*Impress your guests  
with new & easy catfish recipes.*



U.S. FARM-RAISED

*Catfish*

100% AMERICAN

## 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. 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.

*appetizers*



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Recipes developed by  
*Dolores Fratesi*





# Catfish Stuffed Portobello Mushrooms

**MAKES 16**

4 U.S. Farm-Raised Catfish  
fillets

16 small portobello mushrooms

1 (8-ounce) package cream  
cheese, softened

½ cup green onions, finely  
chopped

¼ cup mayonnaise

1 teaspoon lemon juice

1 teaspoon Worcestershire

2 ounces Swiss cheese, finely  
shredded

1½ teaspoons Old Bay  
seasoning

½ teaspoon cayenne pepper

Paprika

1 cup panko breadcrumbs



**SEASON** catfish fillets with paprika and a light dusting of Old Bay. Broil 10 minutes or until done. Let cool. Gently flake catfish.

**REMOVE** stems and gills from mushrooms. Set aside.

**BEAT** cream cheese at medium speed. Add green onions, mayonnaise, lemon juice, Worcestershire, cheese, Old Bay, cayenne pepper and paprika. Gently stir in flaked catfish.

**USING** a small spoon, fill each mushroom cap with a generous amount of stuffing.

**SPRINKLE** each mushroom with 1 tablespoon breadcrumbs and place on a lightly greased baking sheet.

**BAKE** at 425°F for approximately 15 minutes, or until lightly browned.

# Catfish Wontons with Andouille Sausage

**MAKES 10**

2 U.S. Farm-Raised Catfish fillets	5 egg roll wrappers
8 ounces Pepper Jack cheese	1 egg
1 pound Andouille sausage	1 tablespoon water
	Oil for frying

## **SWEET & SOUR SAUCE**

¾ cup white sugar  
 ⅓ cup white vinegar  
 ⅔ cup water  
 ¼ cup soy sauce

1 tablespoon ketchup  
 2 tablespoons cornstarch  
 Crushed red pepper (optional)

**MIX** all ingredients in a small pan and bring to a boil. Reduce heat to simmer and cook for 10-15 minutes, stirring constantly until thickened slightly. The sauce will thicken more as it cools.

**CUT** catfish fillets into 1"x1"x½" pieces.

**SLICE** cheese into 1"x1"x¼" pieces and sausage into ¼ inch rounds.

**CUT** egg roll wrapper in half. Make an egg wash by mixing egg and water. Brush egg wash on top of egg roll. Stack catfish, cheese and sausage on egg roll, wrap filling, and pinch edges closed with a fork.

**ADD** oil to a heavy, small pan and heat to medium high. Add several wraps at a time and cook 3-4 minutes, turning frequently until golden brown. Remove from pan and drain on a paper towel.

**SERVE** with Sweet and Sour Sauce.









# Catfish Sliders with Wasabi Mayonnaise

**MAKES 8-10**

4-6 U.S. Farm-Raised Catfish fillets	Slider rolls, buttered
¼ cup all-purpose flour	Green leaf lettuce, torn
¾ cup yellow cornmeal	Purple onion, sliced
2 teaspoons salt	Roma tomatoes, sliced
1-1½ cups vegetable oil	Avocado, sliced

## WASABI MAYONNAISE

1 cup mayonnaise  
 ¼ cup prepared wasabi  
 1 teaspoon freshly grated ginger  
 2 tablespoons soy sauce  
 1 teaspoon sugar  
 1 pinch of salt

**COMBINE** all ingredients thoroughly. Taste and adjust seasonings. Cover and refrigerate until ready to use.

**CUT** catfish fillets to approximate size of slider roll. Use smaller pieces to fry and enjoy while you are cooking.

**COMBINE** flour, cornmeal and salt. Coat catfish with mixture.

**ADD** vegetable oil to medium-sized heavy skillet. Heat to 350°F. Fry fillets for 5-6 minutes or until golden brown. Remove catfish from oil and drain on paper towels.

**BROWN** sliced and lightly buttered slider rolls in skillet. Add wasabi mayo to top and bottom of roll. Assemble with the lettuce, onion, tomatoes and avocado. Garnish with a decorative toothpick.



# Catfish Sweet Potato Cakes

**MAKES 10-12**

4 U.S. Farm-Raised Catfish fillets

Salt

3 sweet potatoes

1 russet potato

½ bulb roasted garlic, mashed

1 egg, beaten

1 tablespoon fresh tarragon, chopped

1 egg, beaten

1 cup panko breadcrumbs

Olive oil

Fresh tarragon or cilantro



## LIME MAYONNAISE

2 tablespoons cilantro, chopped

½ cup mayonnaise

1 lime, zested

1 tablespoon lime juice

**COMBINE** all ingredients and chill.

**PREHEAT** oven to 350°F.

**SEASON** catfish fillets with salt. Lightly spray a small baking dish with vegetable oil. Place fillets in dish and bake for 15-20 minutes or until done. Let cool and flake.

**PEEL** and chop potatoes. In a medium boiler, cover potatoes with water and add a pinch of salt. Bring to a boil. Lower heat and simmer until potatoes are soft. Drain.

**MASH** potatoes in a large bowl and set aside to cool. When cool, add garlic, egg and tarragon; gently fold in catfish flakes.

**SHAPE** into 3-inch cakes. Dip in beaten egg, then in breadcrumbs. Chill cakes in the refrigerator 30-60 minutes to firm them.

**HEAT** olive oil in a skillet over medium-high heat. Fry cakes until golden brown. Place on paper towel to drain.

**TOP** with a teaspoon of lime mayonnaise and garnish with a sprig of fresh tarragon or cilantro.





# Pistachio Crunch Catfish with Mango Salsa

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## SERVES 4

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4 U.S. Farm-Raised Catfish  
fillets

½ cup dried cranberries,  
coarsely chopped

½ cup shelled pistachios,  
coarsely chopped

¼ teaspoon garlic powder

⅔ cup panko breadcrumbs

2 tablespoons butter, melted

Salt and pepper to taste

1 jar Mango/Peach Salsa

1 lime, sliced

**PREHEAT** oven to 350°F. Line a baking sheet with foil. Place a wire rack on baking sheet and spray with vegetable oil.

**MIX** cranberries, pistachios, garlic powder and breadcrumbs. Add butter, salt and pepper.

**SPREAD** a tablespoon of salsa on each catfish fillet. Top rounded side evenly with crumb mixture and gently press on fillet. Carefully place on rack.

**BAKE** for 15-20 minutes or until done.

**SERVE** with remaining salsa and slices of lime.



# Bacon Potato Catfish Casseroles

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## SERVES 4

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4 U.S. Farm-Raised Catfish  
fillets

12 ounces lean smoked bacon

14 ounces frozen hash browns,  
thawed

1 cup grated sharp cheddar  
cheese, divided

1 tablespoon blackened  
Seafood Magic, divided

½ teaspoon parsley

½ teaspoon salt

½ teaspoon pepper

4 ounces cream cheese

3 green onions, chopped

**PREHEAT** oven to 350°F.

**FRY** bacon until crisp and crumble. Place hash browns in paper towels and remove excess moisture.

**MIX** bacon, hash browns, ¾ cup cheddar cheese, 2 teaspoons Seafood Magic seasoning, parsley, salt and pepper.

**PLACE** one catfish fillet in each ramekin. Season the 4 fillets using 1 teaspoon of Seafood Magic. Lightly press potato mixture on each fillet, mounding in the middle. Sprinkle with remaining cheddar cheese.

**BAKE** 15-20 minutes or until done.

**GARNISH** with a dollop of cream cheese and green onions.









# Horseradish Crusted Catfish with Remoulade

## SERVES 4

4 U.S. Farm-Raised Catfish fillets	¼ cup parsley, chopped
2 tablespoons horseradish	1 teaspoon lemon juice
2 tablespoons Creole mustard	1 cup panko breadcrumbs
2 tablespoons garlic, chopped	½ cup olive oil, divided

## REMOULADE

1 cup mayonnaise  
 ⅓ cup Creole mustard  
 1 tablespoon sweet paprika  
 ¼ cup green onion, chopped  
 1 tablespoon Dijon mustard  
 1½ teaspoons horseradish  
 ¼ teaspoon Worcestershire sauce  
 ¼ teaspoon lemon juice  
 ¼ teaspoon garlic, minced  
 1 teaspoon capers, chopped (optional)  
 ¼ teaspoon Louisiana hot sauce

**PREHEAT** oven to 350°F.

**COMBINE** horseradish, mustard, garlic, parsley and lemon juice; add breadcrumbs. Slowly add ¼ cup olive oil. Mix to a consistency that will hold to catfish fillets. Add more oil if needed.

**PRESS** ¼ of horseradish mixture firmly onto rounded side of each catfish fillet.

**LINE** a baking pan with aluminum foil. Place wire rack in pan and spray with vegetable oil. Place fish on rack and bake for 15-20 minutes or until done and lightly browned.

**SERVE** with remoulade sauce.

**MIX** all ingredients thoroughly. May be made ahead to allow flavors to blend.



# Sautéed Catfish with Chive Cream Sauce

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## SERVES 4

4 U.S. Farm-Raised Catfish  
fillets  
1 egg  
1 cup milk  
1 ½ cups all-purpose flour  
¼ cup olive oil

**SAUCE**  
2 cloves garlic, chopped  
4 tablespoons chives,  
chopped  
2 ounces dry vermouth

1 cup heavy cream  
Salt and pepper to taste



**WHISK** together egg and milk.

**DIP** catfish fillets into egg mixture, then dredge in flour, shaking off excess.

**ADD** olive oil to a heavy skillet and heat to medium high. Add 2 fillets, rounded side down, and cook 3-4 minutes until golden brown. Turn fillets and cook an additional 3-4 minutes or until done, and remove from skillet. Sauté remaining two fillets and remove when done.

**TO MAKE SAUCE**, add garlic and chives and stir gently 1-2 minutes. Deglaze skillet with vermouth. Slowly add cream, stirring constantly until sauce is reduced to desired consistency. Add salt and pepper to taste.

**SERVE** sauce over catfish fillets.





# Balsamic Glazed Catfish

**SERVES 4**

4 U.S. Farm-Raised Catfish fillets  
Salt and pepper  
1 cup all-purpose flour  
Olive oil

## GLAZE

½ cup balsamic vinegar  
¼ cup white wine  
2 tablespoons honey  
1 tablespoon Dijon mustard  
½ tablespoon fresh rosemary, chopped  
1 clove garlic, finely minced



## GREEN BEAN

### BUNDLES

15-16 strips of bacon  
3 (15-ounce) vertical-packed green beans  
1 cup brown sugar  
1 cup melted butter or oil  
¾ tablespoon garlic salt  
1 tablespoon soy sauce  
1 teaspoon rosemary  
1 teaspoon dried basil

**PREPARE** glaze by mixing balsamic vinegar, white wine, honey, Dijon mustard, rosemary and garlic in a heavy, small pan. Heat over medium-high heat until boiling. Reduce heat and simmer until sauce has been reduced to about ⅓ cup (10-15 minutes). Remove from heat and allow to cool. Sauce will thicken as it cools.

**HEAT** about ¼ cup olive oil in a heavy skillet over medium-high heat.

**SEASON** catfish fillets with salt and pepper and dredge in flour, shaking off excess. Place two fillets at a time, rounded side down, and cook 3-4 minutes until golden brown. Turn fillets and cook an additional 3-4 minutes or until done. Remove from skillet and sauté remaining two fillets.

**PLATE** catfish fillets and drizzle with balsamic reduction. Serve with green bean bundles.

**CUT** bacon strips in half.

**WRAP** 9-10 beans with a strip of bacon and secure with a toothpick. **PLACE** in a 9x13 baking dish. **MIX** brown sugar, butter, garlic salt, soy sauce, rosemary and basil; pour over green beans.

**REFRIGERATE** overnight.

**RE-SPOON** sauce over bundles before baking.

**BAKE** at 350°F for 30 minutes, uncovered. Serve hot.



# FRESH FROM THEIR PONDS TO YOUR PLATE.



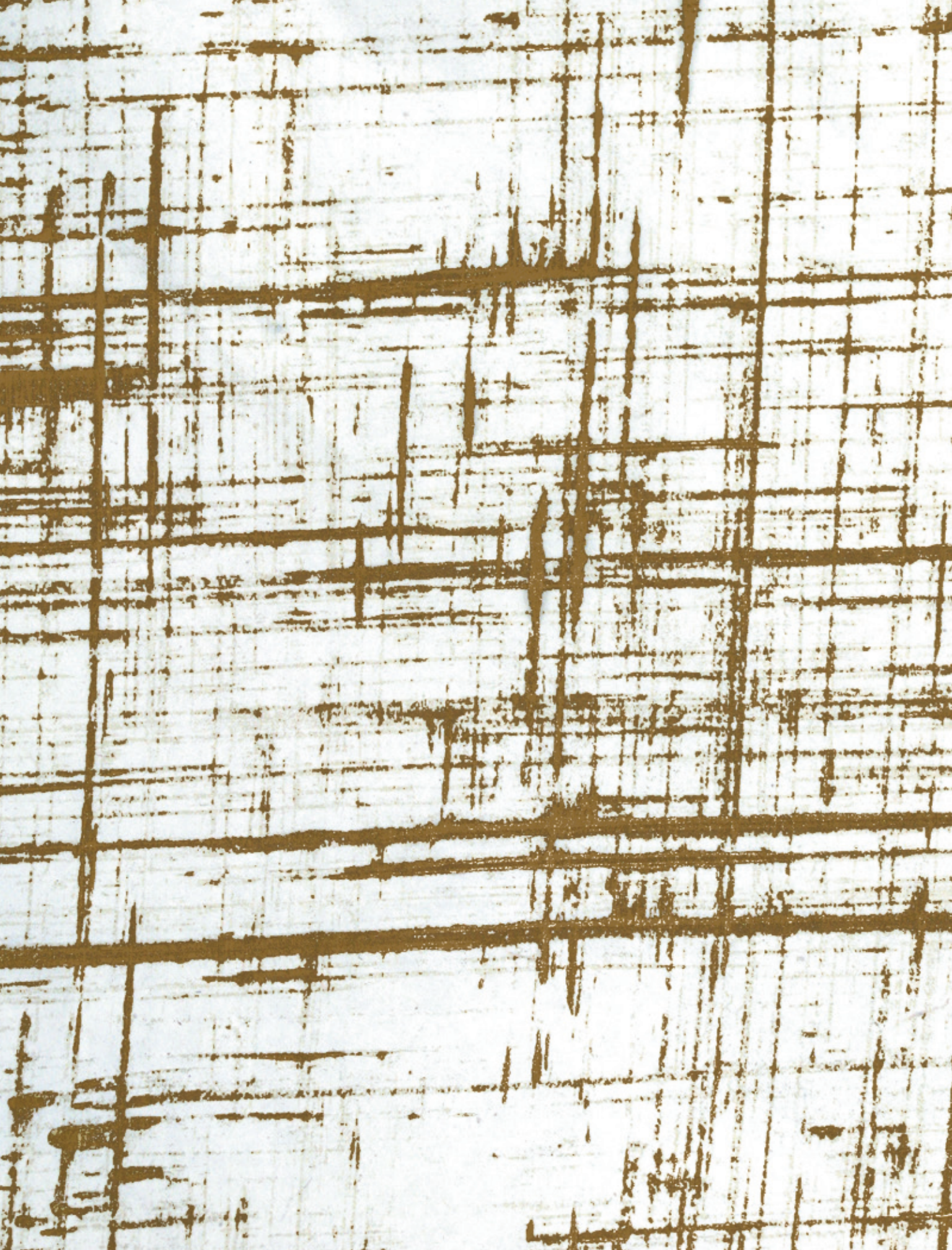
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