

★ U.S. FARM-RAISED ★
Catfish[™]



THE CATFISH
INSTITUTE

Box 924 Indianola, MS 38751
www.catfishinstitute.com



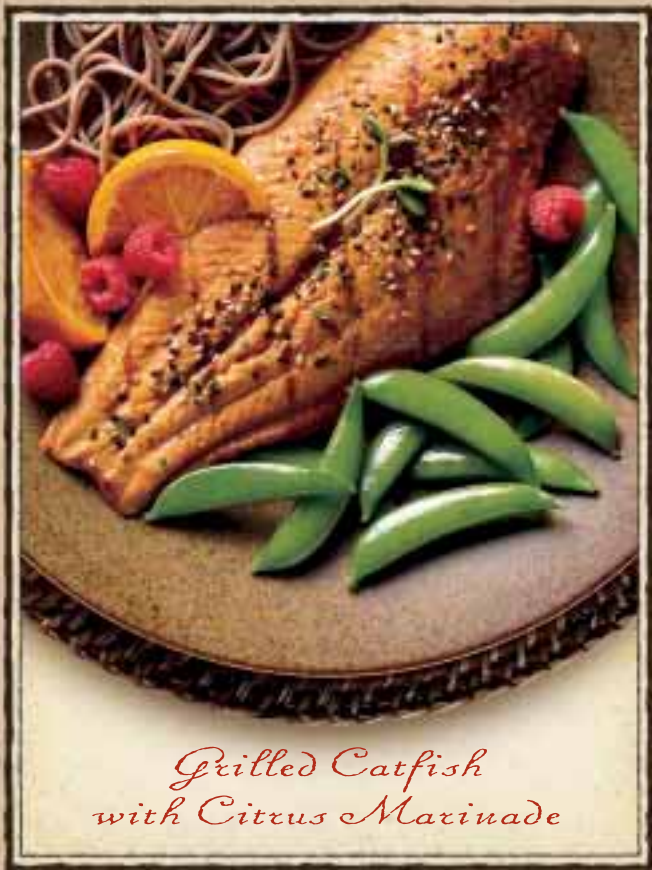
*You don't
have to fry it
to love it.*

*U.S. Farm-Raised Catfish.
Enough to turn your taste buds red,
white and blue.*

*H*ail, Catfish born of the stars and stripes and raised by farmers who know a thing or two about good eating. Whether it's grilled, baked or fried, U.S. Farm-Raised Catfish is always met with an ear-to-ear grin of approval. Maybe it's because our Catfish are raised in pure, fresh waters and fed a gourmet diet. Maybe it's because they're not imported from outside

the good old U.S. of A., like some other fish we know. Or maybe, just maybe, it's because your taste buds are hopping around doing some "land-of-the-free, home-of-the-brave" jig. Whatever the reason, be sure you always look for the genuine U.S. Farm-Raised Catfish seal wherever you buy your Catfish.





*Grilled Catfish
with Citrus Marinade*

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Citrus Marinade**

4 U.S. Farm-Raised Catfish fillets

1/4 cup orange juice

2 tablespoons soy sauce

1 tablespoon lemon juice

2 tablespoons vegetable oil

1 teaspoon chopped garlic

1/4 teaspoon cracked black pepper

1 tablespoon chopped fresh parsley

Rinse fillets, pat dry and place in shallow glass dish. Combine remaining ingredients and pour over fillets. Chill for 1 to 3 hours. Preheat grill. Grill fillets over high heat, rounded side down, for 3 to 4 minutes. Turn fillets and grill for 3 to 4 minutes, or until fish flakes easily when tested with a fork. **SERVES FOUR.**

***MARINATING TIME: 1 TO 3 HOURS**

PREP TIME
Catfish: 5 min.



COOKING TIME
Catfish: 6 to 8 min.



Blackened Cajun Catfish

Blackened Cajun Catfish

4 U.S. Farm-Raised Catfish fillets

1/3 cup butter, melted

2 tablespoons lemon juice

2 tablespoons dried thyme leaves

2 teaspoons salt

2 teaspoons cracked black pepper

2 teaspoons paprika

1 teaspoon garlic powder

1/2 teaspoon ground red pepper

1/3 cup dry white wine

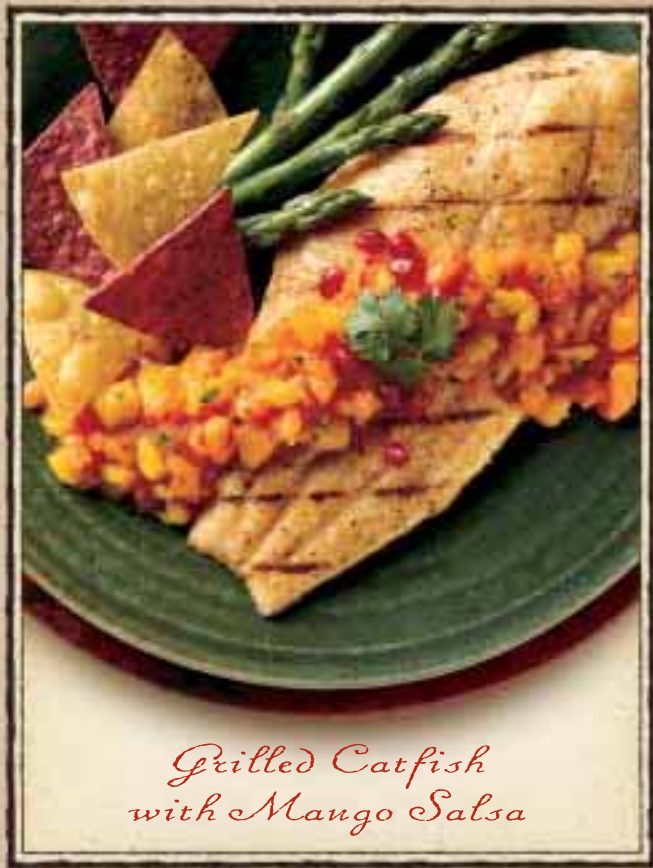
Heat large cast-iron skillet over high heat for 10 minutes. Rinse fillets and pat dry. Mix melted butter and lemon juice in small bowl. Mix dry seasonings in a second bowl. Brush both sides of fillets with lemon butter and sprinkle each side with spice mixture. Place 2 fillets, rounded side down, in hot skillet. Cook over high heat for 2 minutes. Turn fillets and cook 2 to 3 minutes, or until fish flakes easily when tested with a fork. Repeat procedure with remaining fillets while keeping cooked fillets warm. Remove skillet from heat and add wine and any remaining lemon butter. Stir well and spoon over catfish. Serve immediately. **SERVES FOUR.**

NOTE: This cooking method produces smoke. Prepare in a well-ventilated area.

PREP TIME
Catfish: 10 min.



COOKING TIME
Catfish: 4 to 5 min.
per batch



*Grilled Catfish
with Mango Salsa*

Grilled Catfish

4 U.S. Farm-Raised Catfish fillets

2 teaspoons olive oil

1 teaspoon garlic salt

1/2 teaspoon cracked black pepper

1/4 teaspoon ground red pepper

Mango Salsa (recipe follows)

Preheat grill. Rinse fillets and pat dry. Brush each fillet with 1/2 teaspoon oil. Combine seasonings and sprinkle 1/2 teaspoon on the rounded side of each fillet. Grill fillets over high heat, rounded side down, for 3 to 4 minutes. Turn fillets over and grill for 3 to 4 minutes, or until fish flakes easily when tested with a fork. Serve with Mango Salsa. **SERVES FOUR.**

*Mango Salsa**

1 cup mango, peeled and diced

1 cup papaya, peeled and diced

1 tablespoon minced green onion

1 tablespoon minced red jalapeño

2 tablespoons fresh lime juice

1 tablespoon honey

Combine all ingredients in a bowl. Mix well. Let stand at room temperature for 20 minutes. Use a slotted spoon to serve. Yields about 2 cups.

**Salsa should be prepared ahead.*

PREP TIME

Catfish: 5 min.

Salsa: 10 min.

Total: 15 min.

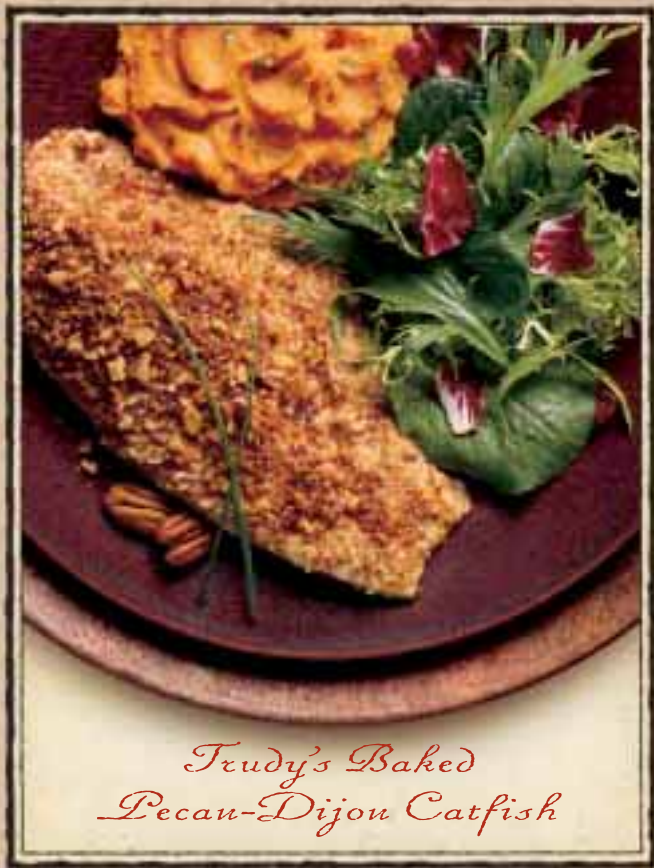


COOKING TIME

Catfish: 6 to 8 min.

Salsa: Let stand 20 min.

Total: 6 to 8 min.



*Trudy's Baked
Pecan-Dijon Catfish*

*Trudy's Baked
Pecan-Dijon Catfish*

4 U.S. Farm-Raised Catfish fillets

salt and pepper

1/4 cup Dijon-style mustard

1 tablespoon melted butter

1/2 cup dry bread crumbs

1/2 cup ground pecans

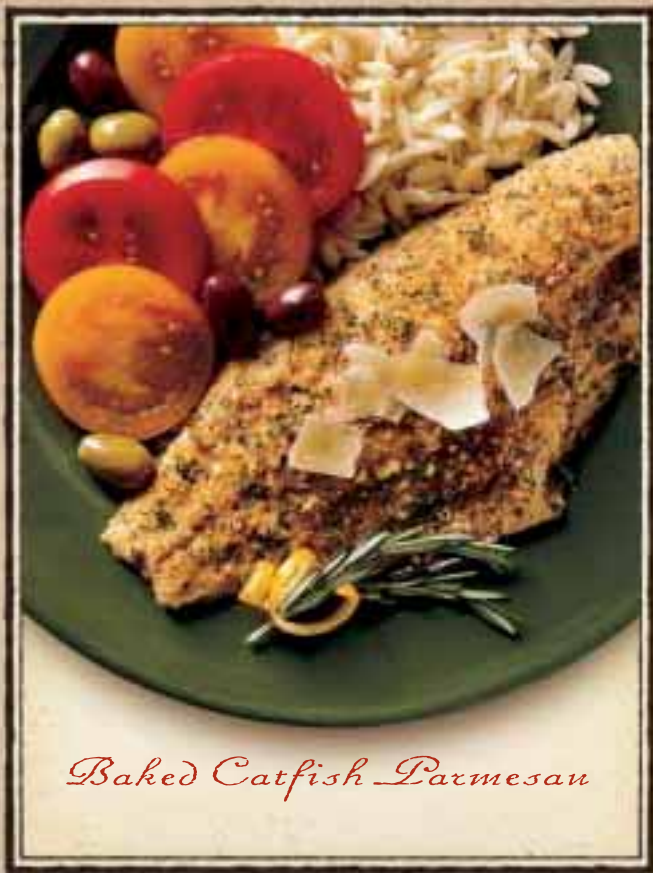
nonstick cooking spray

Preheat oven to 475°F. Rinse fillets, pat dry and place, rounded side up, on a greased baking sheet. Season to taste with salt and pepper. Brush each fillet with 1 tablespoon mustard. Combine butter, bread crumbs and pecans. Spread 1/4 cup of pecan-crumbs mixture over each fillet, pressing firmly. Spray each fillet with nonstick cooking spray. Bake for 13 to 15 minutes, or until fish flakes easily when tested with a fork and the top surface is golden brown. **SERVES FOUR.**

PREP TIME
Catfish: 5 min.



COOKING TIME
Catfish: 13 to 15 min.



Baked Catfish Parmesan

Baked Catfish Parmesan

4 U.S. Farm-Raised Catfish fillets

2 eggs, beaten

1/2 cup milk

1 cup fresh, soft bread crumbs

1 cup grated Parmesan cheese

2 teaspoons chopped garlic

1/4 cup chopped parsley

2 teaspoons dried oregano

1 teaspoon salt

1 teaspoon ground black pepper

nonstick cooking spray

Preheat oven to 400°F. Rinse fillets and pat dry. Combine eggs and milk in shallow bowl.

Combine remaining ingredients in another shallow bowl. Dip fillets in egg mixture and then into bread crumb mixture.

Coat fillets evenly and pat firmly. Arrange fillets, rounded side up, on greased baking sheet.*

Spray fillets lightly with nonstick cooking spray. Bake uncovered for 15 minutes, or until fish flakes easily when tested with a fork.

SERVES FOUR.

*For crispier coating, cover and chill fillets for 30 minutes prior to baking, if desired.

PREP TIME
Catfish: 10 min.



COOKING TIME
Catfish: 15 min.



Italian Garden Catfish

Italian Garden Catfish

4 U.S. Farm-Raised Catfish fillets

1 teaspoon salt

1/2 teaspoon ground black pepper

2 tablespoons olive oil

2 cups thinly sliced onions

2 cups sliced fresh mushrooms

1 2-ounce can anchovies,
drained and chopped

2 teaspoons chopped garlic

1/4 teaspoon crushed
red pepper flakes

1/4 cup chopped parsley, divided

2 cups chopped plum tomatoes

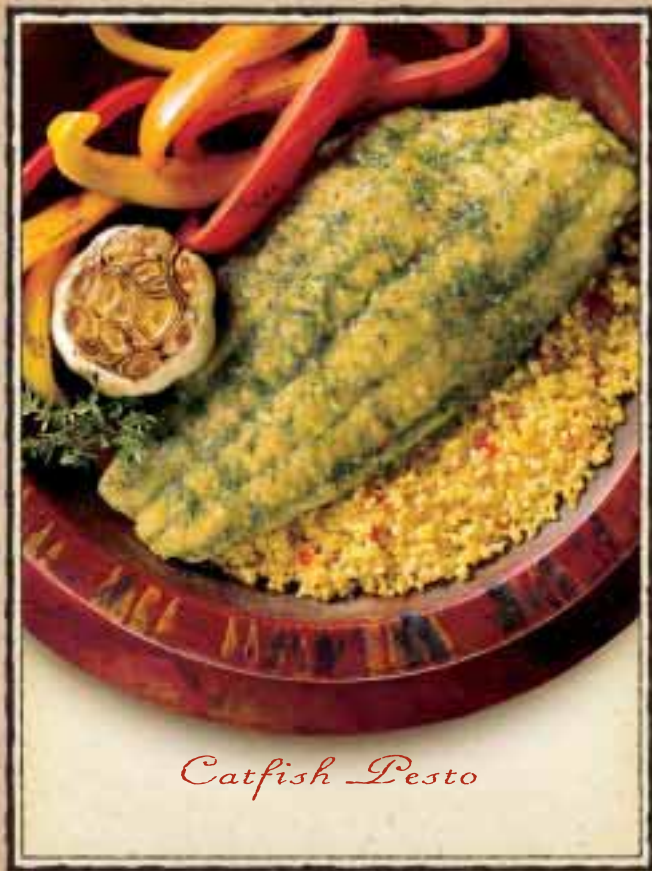
1/2 cup dry white wine

Preheat oven to 350°F. Rinse fillets, pat dry and arrange, rounded side up, in a greased roasting pan. Sprinkle fillets with salt and pepper. Heat olive oil in heavy skillet. Add onions, mushrooms, anchovies, garlic, red pepper and half the chopped parsley. Cook over medium-high heat until onions soften, about 4 minutes. Add tomato and wine to onion mixture. Simmer for 2 minutes and remove from heat. Spoon vegetable mixture over fillets. Cover with foil and bake for 15 minutes, or until fish flakes easily when tested with a fork. Transfer fillets and vegetables to warm serving plates. Pour remaining liquid into a sauce pan. Add remaining parsley to cooking liquid. Simmer for 3 minutes. Spoon sauce over each portion. **SERVES FOUR.**

PREP TIME
Catfish: 10 min.



COOKING TIME
Catfish: 24 min.



Catfish Pesto

Catfish Pesto

4 U.S. Farm-Raised Catfish fillets

2 cups all-purpose flour

1 tablespoon salt

1 teaspoon ground black pepper

1 teaspoon ground red pepper

2 tablespoons butter, divided

2 tablespoons olive oil, divided

Pesto (recipe follows)

Preheat oven to 350°F. Rinse fillets and pat dry. Combine all dry ingredients. Coat fillets evenly and shake off excess coating. Heat 1 tablespoon each of butter and oil over medium-high heat in large skillet until butter foams but doesn't burn. Cook 2 fillets, rounded side down, for 2 minutes. Turn fillets and cook 2 minutes. Transfer to a baking sheet, rounded side up. Wipe skillet, add remaining butter and oil. Repeat cooking process with remaining fillets. Spread fillets with Pesto. Bake for 6 or 7 minutes, or until fish flakes easily when tested with a fork. **SERVES FOUR.**

*Pesto**

1/2 cup chopped fresh parsley

2 tablespoons grated Parmesan cheese

2 tablespoons grated Romano cheese

2 tablespoons chopped pecans

2 tablespoons olive oil

2 teaspoons butter

Combine all ingredients in food processor with metal blade. Pulse-chop to a coarse paste. Use immediately or cover and refrigerate.

*Prepare ahead. If desired, substitute any prepared pesto.

PREP TIME
Catfish: 5 min.
Pesto: 5 min.
Total: 10 min.



COOKING TIME
Catfish: 17 min.
Pesto: None required
Total: 17 min.



*Classic Fried Catfish
with Jalapeño Hush Puppies*

Classic Fried Catfish

- 4 U.S. Farm-Raised Catfish fillets
- cooking oil
- 1 1/2 cups yellow cornmeal
- 1/2 cup all-purpose flour
- 2 teaspoons salt
- 1 teaspoon ground red pepper
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon garlic powder

Rinse fillets. Do not pat dry. Preheat cooking oil to 350°F in heavy skillet or deep fryer. Combine all dry ingredients in shallow dish. Place fillets into cornmeal mixture. Coat fillets evenly and shake off excess coating. Fry fillets in hot oil, rounded side down, for 3 to 4 minutes. Turn fillets and cook 3 to 4 minutes. Drain on paper towels. **SERVES FOUR.**

Jalapeño Hush Puppies

- 1 cup self-rising cornmeal*
- 1/2 cup self-rising flour
- 1 tablespoon sugar
- 1/2 cup minced onion
- 1 tablespoon minced jalapeño
- 1 cup milk
- 1 large egg, beaten
- cooking oil

Combine first five ingredients in bowl. Stir in milk and egg. Preheat cooking oil to 350°F in heavy skillet or deep fryer. Drop level tablespoons of batter into hot oil. Turning hush puppies frequently, cook until golden brown on all sides, about 3 minutes. Remove with slotted spoon. Drain on paper towels. Yields about 2 dozen.

*If self-rising cornmeal is not available, add 2 teaspoons baking powder and 1 teaspoon salt to 1 cup cornmeal.

PREP TIME

- Catfish: 5 min.
- Hush Puppies: 5 min.
- Total: 10 min.

COOKING TIME

- Catfish: 6 to 8 min.
- Hush Puppies: 6 min.
- Total: 14 min.