FRESH IDEAS FOR U.S. CATFISH
**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 PAPILLOTES

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

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
¾ 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
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

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.
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

CAJUN CATFISH WITH HONEY DIJON BACON POTATO SALAD


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.
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 ¾ 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
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.
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

OKRA CATFISH STEW

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

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

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

SWEET BOURBON GLAZE

Whisk together ingredients in small sauce pan. Bring to a boil; reduce heat and simmer 5 minutes.
ALL-AMERICAN JALAPEÑO AND HONEY BBQ CATFISH

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

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

JALAPEÑO AND HONEY BBQ SAUCE

Combine ingredients in microwave-safe bowl. Cook 30 seconds or until heated through.
1. Heat 2 tablespoons olive oil in sauté pan over high heat; add peppers, onion, celery and garlic. Sauté until onions are soft. Add étouffée 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 étouffée sauce over fillets. Reduce heat to low; simmer approximately 5 minutes or until catfish is cooked through.

4. Serve over rice.

SERVES 2

**Catfish Étouffée**

- 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 étouffée sauce
- 2 teaspoons Cajun seasoning spice blend
- 1 cup rice, cooked
CATFISH AND CRAB ROLL-UPS

1. Preheat oven to 400º 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

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

Combine all ingredients in small bowl and mix well.
OVEN-BAKED CATFISH CAKES
WITH LEMON CAPER SAUCE

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

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.
JAMAICAN JERK CATFISH SALAD

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

COUNTING CARBS?

Counting carbs? Forget the pita, and simply serve atop a bed of fresh lettuce.
**SPICY ASIAN CATFISH WITH STIR-FRIED VEGETABLES**

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**

- 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

Whisk together all ingredients in medium bowl.
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
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
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

CLASSIC CATFISH PO’ BOY WITH HOMEMADE SLAW

**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

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
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

SPRING ONION AND CHEDDAR CATFISH CASSEROLE

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
1½ tablespoons hot sauce
1 tablespoon fresh lemon juice
2 teaspoons Creole seasoning
POACHED CATFISH WITH FRESH MANGO SALSA

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

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

Combine all ingredients and season to taste.
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

**Potato-Crusted Catfish with Granny Smith’s Apple & Jalapeño Glaze**

**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

**Combine glaze ingredients in small sauce pan. Warm slightly and drizzle over fillets when done.**
SPINACH AND ARTICHOKE DIP WITH CATFISH

1. Preheat oven to 350º 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
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)

Catfish and Biscuits

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
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

2 U.S. Farm-Raised Catfish Fillets
2 tablespoons butter, divided
¼ cup slivered almonds
1 lemon, zested and juiced
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
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.”
RECIPES ADAPTED BY HIGH COTTON, NATCHEZ, MISSISSIPPI.

“As seen on Bass Pro Shops
Big Cat Quest television series.”
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.