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 JERK CATFISH
2 U.S. Farm-Raised Catfish Fillets
1/4 cup vegetable oil
2 tablespoons Jerk seasoning
1 bag salad greens
1/2 mango, sliced
1/2 red bell pepper, finely diced
1 plantain, sliced in thin strips and fried, optional garnish

JAMAICAN DRESSING
3/4 cup canned chipotle in adobo sauce
1 lime, juiced
1 1/2 teaspoons sugar
1 tablespoon olive oil
2 tablespoons water
1/4 cup sour cream
2 tablespoons fresh cilantro, chopped

FRESH IDEAS FOR U.S. CATFISH

U.S. FARM-RAISED CATFISH. ALWAYS A FRESH IDEA.

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.
CATFISH ALMONDINE

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

CAJUN CATFISH with HONEY DIJON BACON POTATO SALAD

CAJUN CATFISH
4 U.S. Farm-Raised Catfish Fillets
¼ 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

SERVES 4


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 2

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.