Catch of the Every Day.
Caribbean Jerk Catfish with Black Bean Salad

SERVES 4

DRESSING
1 small garlic clove, minced
4 tablespoons lime juice and lime zest
¼ teaspoon chili powder
1½ teaspoons ground cumin
2 dashes hot sauce
¼ cup extra-virgin olive oil

SALAD
1 can whole kernel corn, drained
1 orange bell pepper, diced
½ small red onion, finely chopped
1 (15-ounce) can black beans, drained and rinsed
½ cup cherry tomatoes, halved
1 avocado, halved, seeded and diced in large pieces
¼ cup fresh cilantro or Italian parsley, chopped
Salt and freshly ground black pepper to taste

CATFISH
4 U.S. Farm-Raised Catfish Fillets
2 tablespoons olive oil
2 tablespoons vinegar
1 tablespoon Caribbean or Jamaican Jerk seasoning

PREHEAT grill or broiler.

COMBINE oil, vinegar and seasoning. Brush fillets with marinade.

PLACE fillets on grill, skin side up, 3 to 4 minutes. Flip and grill 2 to 3 more minutes.

SERVE over spring mix lettuce blend with Black Bean Salad.

MIX garlic, lime juice and zest, chili powder, cumin, and hot sauce. Whisk in olive oil until blended.

MIX dressing and salad ingredients and toss to coat evenly. Salt and pepper to taste.
Onion-Crusted Catfish

Serves 8

- 8 U.S. Farm-Raised Catfish Fillets
- 1 cup all-purpose flour
- 1 teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 teaspoon lemon zest
- 1 cup French Fried Onions, crushed

**Combining Ingredients:**

1. Combine flour, salt, cayenne pepper, and lemon zest in a shallow bowl.
2. Dredge fillets in flour mixture and press in crushed fried onions, coating well.
3. Brown fillets over medium-high heat serving side down for 3 to 4 minutes.
4. Turn fillets and cook 3 to 4 more minutes or until done.
5. While fillets are cooking, make Pecan Sauce.
6. Place fillets on plate and serve with sauce.

**Pecan Sauce:***

- ½ cup butter
- ½ cup chopped pecans
- 2 tablespoons lemon juice
- 1 tablespoon Worcestershire sauce
- 1 tablespoon fresh parsley, chopped

1. Melt butter in a small saucepan until bubbly and slightly browned.
2. Add pecans and cook 1 minute to lightly toast.
3. Add lemon juice and Worcestershire sauce. Remove from heat; add parsley. Spoon over fish.
**Catfish BLT with Lemon Aioli**

**SERVES 4**

<table>
<thead>
<tr>
<th>4 U.S. Farm-Raised Catfish Fillets</th>
<th>1 teaspoon cayenne pepper</th>
<th>Butter or margarine</th>
</tr>
</thead>
<tbody>
<tr>
<td>¾ cup yellow cornmeal</td>
<td>½ teaspoon garlic powder</td>
<td>12 slices smoked bacon, cooked</td>
</tr>
<tr>
<td>¼ cup all-purpose flour</td>
<td></td>
<td>Sliced tomato</td>
</tr>
<tr>
<td>2 teaspoons salt</td>
<td></td>
<td>Baby spinach leaves</td>
</tr>
</tbody>
</table>

**LEMON AiOLI**

- ½ cup mayonnaise
- 1 clove garlic, minced
- 1 tablespoon chives, chopped
- 3 tablespoons lemon juice
- ½ teaspoon lemon zest
- Salt and freshly ground pepper to taste

**IN A MEDIUM BOWL,** mix all ingredients until well blended.

**COMBINE** cornmeal, flour, salt, cayenne pepper and garlic powder.

**COAT** catfish with cornmeal mixture, shaking off excess. Fill a large, heavy skillet half full with vegetable oil. Heat to 350° F.

**ADD** catfish in single layer and fry until golden brown, about 5 to 6 minutes, depending on size.

**REMOVE** and drain on paper towels.

**SPREAD** butter on each side of rolls, and lightly brown in a large skillet.

**SMEAR** toasted bread with Lemon Aioli. Layer tomatoes, spinach, bacon and catfish on bread.
When you look for the U.S. Farm-Raised Catfish seal, you’re looking out for your family, and for our American farmers. Their pure, freshwater ponds and strict standards ensure U.S. Catfish is the freshest, healthiest fish available. And you can rely on that perfectly mild flavor year-round.

FOR EVEN MORE RECIPES, BE SURE TO VISIT USCATFISH.COM.