Fresh Hospitality.

U.S. FARM-RAISED Catfish
100% AMERICAN
Sautéed Catfish with Chive Cream Sauce

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

ADD garlic and chives to the same pan 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.

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.
Bacon Potato Catfish Casseroles

SERVES 4

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.

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.
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.

SERVES 4

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

Pistachio Crunch Catfish with Mango Salsa
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.