Easy Catfish Gumbo

2 cans (14 1/2 ounces each) ready-to-serve chicken broth
1 can (14 1/2 ounces) stewed tomatoes, coarsely chopped
1 package (10 ounces) frozen cut okra, thawed
1 cup frozen vegetables for chicken, thawed
1/4 teaspoon pepper
1/4 teaspoon paprika
1/4 teaspoon celery seed
2 cups water

In a medium saucepan over medium-high heat, combine broth, tomatoes, okra, celery, and vegetables. Bring to a boil. Reduce heat to low, cover and simmer until vegetables are tender, about 15 minutes, stirring occasionally. Add catfish and cook until fish is opaque, 3 to 5 minutes. YIELD: 4 portions; 2 cups

Nut-Crusted Catfish With Crisp Vegetable Slaw

3 tablespoons butter melted
1/2 teaspoon salt
1/2 teaspoon crushed red pepper
1 cup finely chopped parsley, almonds or peanuts
6 U.S. Farm Raised Catfish fillets (about 6 ounces each)

Chop vegetables and set aside. In a small bowl, combine buttermilk and red pepper. Cut both sides of each fish fillet with a knife, sprinkle both sides with seasonings. Cover with plastic wrap and chill until ready to use. YIELD: 4 portions

Grilled Spicy Catfish With Tropical Fruit Salsa

1 teaspoon chili powder
1/2 teaspoon sugar
1/2 teaspoon ground cumin
1 tablespoon orange juice

Place all ingredients in a blender; process until smooth. YIELD: 4 portions

Catfish with Cilantro Lime Slaw

3 tablespoons olive oil
1 tablespoon lime juice
1 tablespoon lime zest
1 teaspoon ground cumin
1/4 teaspoon salt
8 U.S. Farm Raised Catfish fillets (about 6 ounces each)
1 1/2 cups chopped red bell pepper
1/2 cup chopped red onion
1/2 cup chopped fresh cilantro
1/2 cup chopped fresh mint
6 tablespoons lime juice
1/2 cup chopped fresh parsley

In a medium bowl, whisk together oil, lime juice and zest, cumin, salt and pepper. Add catfish and let marinate for 30 minutes. YIELD: 8 portions

To serve, mix all ingredients and serve over a bed of rice. YIELD: 8 servings

Grilled Spicy Catfish With Mango Salsa

3 tablespoons olive oil
1 clove garlic, minced
1/2 red onion, chopped
1/4 cup lime juice
1/4 cup chopped cilantro
1/4 cup chopped fresh mint
1/4 cup chopped fresh parsley
1/4 cup chopped red bell pepper
1/4 cup chopped red onion
1/4 cup chopped fresh cilantro
1/4 cup chopped fresh mint
6 tablespoons lime juice
1/2 cup chopped fresh parsley

In a medium bowl, whisk together oil, lime juice and zest, cumin, salt and pepper. Add catfish and let marinate for 30 minutes. YIELD: 8 portions

To serve, mix all ingredients and serve over a bed of rice. YIELD: 8 servings

Grilled Spicy Catfish With Pineapple Salsa

3 tablespoons olive oil
1 clove garlic, minced
1/2 red onion, chopped
1/4 cup lime juice
1/4 cup chopped cilantro
1/4 cup chopped fresh mint
1/4 cup chopped fresh parsley
1/4 cup chopped red bell pepper
1/4 cup chopped red onion
1/4 cup chopped fresh cilantro
1/4 cup chopped fresh mint
6 tablespoons lime juice
1/2 cup chopped fresh parsley

In a medium bowl, whisk together oil, lime juice and zest, cumin, salt and pepper. Add catfish and let marinate for 30 minutes. YIELD: 8 portions

To serve, mix all ingredients and serve over a bed of rice. YIELD: 8 servings
Cookin’ U.S. Farm-Raised Catfish
Easy, Fast and So Delicious!

U.S. Farm-Raised Catfish takes well to just about any cooking method.

FRYING
The traditional Southern method calls for deep-frying, but there are other ways to fry catfish. Whatever method you use, the following simple recipe is perfect:

1. Dip 4 U.S. Farm-Raised Catfish fillets (about 1-1/2 pounds) in 1/2 cup milk or buttermilk, then coat with a combination of 1 cup yellow cornmeal, 1/2 teaspoon salt, 1/4 teaspoon ground black pepper, and 1/8 tsp paprika, stirring until all sides are coated.

2. In a large, shallow skillet, heat 2 inches of vegetable oil (or enough to cover the fillets) to 360°F. Add a few fillets at a time; cook until golden and opaque in the centers, about 5 to 8 minutes. (Cooking time will vary depending on the size of the fillets.) Drain on paper towels.


GRILLING
This is a large, shallow skillet, heat 2 tablespoons of olive oil (or enough) in a large skillet. Add the fillets and heat until golden brown on each side, about 5 to 7 minutes. Serve immediately.

BAKING
Preheat oven to 350°F. Coat a large baking sheet with non-stick cooking spray. Arrange the seasoned catfish fillets on the sheet and bake at 350°F for 10 to 15 minutes, or until done.

 BROILING
Preheat the oven to 400°F. Place the seasoned catfish fillets on a baking tray and broil for 5 to 8 minutes, or until cooked through.

Simple Seasoning Suggestions
- Dry rub
- Salt & pepper
- Herbs and spices
- Lemon juice