MAKE IT U.S. FARM-RAISED CATFISH, AND MAKE IT ANY WAY YOU LIKE.
The fresh, mild flavor of U.S. Farm-Raised Catfish works in almost any recipe. With just a dash of this and a pinch of that, you can whip up a quick meal everyone is sure to love. Just make sure you bring home U.S. Farm-Raised Catfish, and you’ll know it’s the finest, freshest fish you can get.

Brouled Catfish with Lemon Wine Sauce

4 U.S. Farm-Raised Catfish fillets
• salt and pepper to taste
• ½ teaspoon white wine
Worcestershire sauce

¾ teaspoon lemon zest
¾ cup dry white wine
1 tablespoon lemon juice
¾ cup buttermilk

1. Combine worcestershire sauce, lemon zest, wine and lemon juice in a skillet. Bring to a boil and reduce liquid to ½ cup.
2. Add buttermilk, stirring constantly until slightly thickened. Place fish in baking dish. Broil fish for 3 to 5 minutes.
3. Remove from broiler, pour sauce over fish.
4. Broil for another minute or until sauce bubbles and fish begins to flake.
5. Remove from pan and serve.

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**Catfish:**
4 U.S. Farm-Raised Catfish fillets
* salt and pepper to taste
1 cup canola oil
2 cups sticky rice cooked with shiitake mushrooms
2 cups Lemongrass Broth (recipe to right)
¼ cup scallions, slivered

**Lemongrass Broth:**
1 teaspoon canola oil
1 tablespoon plus 1 teaspoon shallots, chopped
2 teaspoons fresh ginger, minced
1 teaspoon garlic, minced
1 tablespoon plus 1 teaspoon white wine vinegar
1-2 Lemongrass stalks, minced
2 cups chicken broth
1 teaspoon fish sauce

1. **For Catfish:** Lay catfish on sheet pan and sprinkle with salt and pepper. Heat oil in non-stick pan and sear fillets flesh side down until golden. Remove from heat but keep warm.
2. **For Broth:** While catfish & rice mound is roasting, gradually heat oil in a soup pot. Add shallots and ginger and cook 2-3 minutes over medium heat. Add garlic and vinegar. Cook until vinegar is almost evaporated. Add lemongrass and chicken broth and bring to a boil; reduce heat and simmer 8-10 minutes.
3. **For Broth:** Add lemon juice and fish sauce. Bring to a boil; reduce heat and simmer 5 minutes.
4. **For Broth:** Add coriander seeds, bring to a boil; reduce heat and simmer 5 minutes.
5. **For Broth:** Strain broth and discard solids. Add favorite fish sauce and heat.

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Classic Fried Catfish

4 U.S. Farm-Raised Catfish fillets
⅔ cup yellow cornmeal
⅔ cup all-purpose flour
2 teaspoons salt
1 teaspoon cayenne pepper
¼ teaspoon garlic powder

• vegetable oil for frying

1. Combine cornmeal, flour, salt, cayenne pepper and garlic powder.
2. Coat catfish with mixture, shaking off excess. Fill large, heavy skillet half full with vegetable oil. Heat to 350°F.
3. Add catfish in single layer, and fry until golden brown, about 5-6 minutes, depending on size.
4. Remove and drain on paper towels, and serve.

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Bronzed Catfish

4 U.S. Farm-Raised Catfish fillets
2 teaspoons paprika
2 teaspoons dried oregano
2 teaspoons dried thyme leaves
¼ teaspoon onion powder
¼ teaspoon garlic powder
⅛ teaspoon salt
⅛ teaspoon black pepper
• pinch of cayenne pepper
2 teaspoons olive oil
1 teaspoon butter

1. In a small bowl, stir spices together until well mixed. Sprinkle both sides of fish with spice mixture, patting onto fillets. There may be a bit of spice mixture left over.

2. Heat oil with butter in a large non-stick frying pan, over medium-high heat. When it begins to bubble, add fillets. Cook, until fish flakes, about 4 minutes per side, and serve.

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Baked Catfish
flavored with TABASCO®

4 U.S. Farm-Raised Catfish fillets
½ cup all-purpose flour
1 teaspoon salt
1 teaspoon freshly ground black pepper
1 egg white
1 teaspoon Original TABASCO® brand Pepper Sauce

1/2 cup buttermilk
2 cups corn meal
2 cups bread crumbs

1. Preheat oven to 425°F.
2. In a small bowl, mix flour, salt, and pepper. Beat the egg, TABASCO® Pepper Sauce, and buttermilk together in a small mixing bowl. Place the corn meal and bread crumbs in another bowl.
3. Coat each fillet lightly with the flour mixture and shake off the excess. Dip the floured fillets into the milk mixture. Press the fillets into the corn meal and bread crumbs, coating both sides.
4. Place cake rack large enough to hold the fillets on a baking sheet. Place the coated fillets on the rack, and place in the oven. Bake for 10 to 15 minutes, and serve.

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Sweet and Sour Catfish Pizza Wrap

- 4 U.S. Farm-Raised Catfish fillets
- 4 prepared pizza dough rounds (7-inch)
- ½ cup julienne red bell pepper
- ½ cup julienne green pepper
- ¼ cup pitted and chopped green olives
- ½ cup sliced green onions
- 1 teaspoon minced garlic
- 2 tablespoons plus 2 teaspoons hoisin sauce
- 2 tablespoons plus 2 teaspoons soy sauce
- 2 tablespoons plus 2 teaspoons pineapple juice
- 1 tablespoon white wine vinegar

1. To prepare one serving, hold pizza dough on both sides, stretch round into an 11-inch rectangle.
2. Place dough on grill over medium heat and cook (1½ to 2 minutes per side) using tongs to turn.
3. Cut catfish into desired size strips to be wrapped. Fry, broil, bake, or blacken catfish and hold warm in 200°F oven or warming drawer (fried catfish pictured to the right).
4. In a bowl toss together bell peppers, green peppers, olives and onions. Set mixture aside.
5. In another bowl whisk together hoisin sauce, soy sauce, pineapple juice, vinegar, and garlic.
6. Toss vegetable mixture with ½ cup hoisin dressing.
7. Lay grilled pizza dough on flat work surface. Top with ¼ cup vegetable mixture, 2 tablespoons dressing and top with 2 hot catfish strips. Roll sandwich and serve.

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**Italian Grilled Catfish**

4 U.S. Farm-Raised Catfish fillets  
1 package dry Italian Dressing mix  
½ cup water  
¾ cup fresh lemon juice  
• olive oil for brushing fillets  
• garlic salt to taste  
• cayenne pepper to taste  
• vegetable oil spray

1. In a small mixing bowl combine Italian Dressing mix with the water and lemon juice.
2. Brush the fillets with olive oil and sprinkle with garlic salt and cayenne to taste. Marinate the fillets in the dressing mix for about 15 to 20 minutes.
3. Spray the inside of a fish grilling basket with vegetable spray. Remove the fillets from the dressing mix and place in the grilling basket.
4. Grill the fillets while basting, for about 4 to 5 minutes per side. Remove the fillets from the grill as they begin to flake, careful not to overcook.

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Dirty Blonde BBQ Catfish

4 U.S. Farm-Raised Catfish fillets
2 tablespoons butter
1 crushed garlic clove
1 tablespoon chopped green pepper
¼ cup finely chopped onion
¼ cup tomato sauce
¼ teaspoon red pepper flakes
¼ cup lemon juice

1. For Sauce: Melt butter in a small saucepan over medium heat. Sauté garlic, green pepper, and onions until soft.
2. Stir in tomato sauce, pepper flakes and lemon juice.
3. Heat to boiling. Reduce heat; simmer gently 5 minutes.
4. For Catfish: About 1 hour before serving, prepare charcoal for grilling and let burn until coals are hot.
5. To grill the catfish, brush the fillets with olive oil first, followed by the sauce and lay them on the grill over the hottest part of the fire. After about 30 seconds, flip the fillets and grill for no more than 30 seconds. Move the fillets to a cooler part of the fire and cook 2 minutes longer on that side, brushing with the sauce often. Turn over and cook 3 to 4 minutes on the other side, brushing with the sauce. Fish is done when it flakes easily when tested with a fork.
6. When ready to serve, drizzle remaining BBQ sauce over fillets.
7. Serve over fresh pineapple or other fruit or vegetable.

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