



# Farmers' Favorites



RECIPES THROUGH THE YEARS

Farmers of the Year are chosen annually from a large field of many deserving catfish producers in the U.S. Farm-Raised Catfish industry. Although it is a difficult task to select just one farmer from each of the top three catfish-producing states, those who are selected embody the spirit of the American farmer. All have made significant contributions to the U.S. Farm-Raised Catfish industry.

Every year, The Catfish Institute (TCI) utilizes these individuals in various advertising campaigns. Each farmer is an important part of promoting U.S. Farm-Raised Catfish and raising public awareness of the quality and benefits of eating U.S. Farm-Raised Catfish.

Roger Barlow, president of TCI, said,



*"We want to provide a connection between the farm-raised catfish that people know and love and the hundreds of family farms that dot the Southern United States where these fish are grown. The Catfish Farmers of the Year are the face of the American farmer, producing an American product for the American consumer."*

## Catfish Nuggets with Champagne Mustard



Dennington Moss  
Arkansas | 2009

### INGREDIENTS

2 pounds U.S. Farm-Raised Catfish Fillets, cut into 1-inch nuggets  
1 cup yellow cornmeal  
2 teaspoons salt  
1 teaspoon dried oregano, crumbled  
½ cup milk  
1 egg  
Vegetable oil for frying

**Champagne Mustard:**  
½ cup sugar  
⅓ cup dry mustard  
⅓ cup champagne vinegar or white wine vinegar  
2 egg yolks

**MIX** cornmeal, salt and oregano in a shallow dish. **MIX** milk and egg in another shallow dish. **DIP** catfish nuggets into the milk mixture; then dredge in the cornmeal mixture, tossing to coat. **FILL** a large skillet half full with vegetable oil, and heat to 350°F on a deep-frying thermometer. **ADD** nuggets to the hot oil, and fry, working in batches, until golden brown, turning to cook evenly on all sides. **DRAIN** on paper towels. **SERVE** immediately. In a small, heavy saucepan, **MIX** sugar and mustard. **STIR** in vinegar and egg yolks. **COOK** over medium-low heat, stirring constantly with a wire whisk, for 10 minutes, or until thickened. **REMOVE** from heat, and transfer to a small bowl, cover and refrigerate until chilled. Before serving, let **STAND** at room temperature about 10 minutes.

## Catfish On a Stick



Brandon Haring  
Louisiana | 2009

### INGREDIENTS

4 U.S. Farm-Raised Catfish Fillets, cut into 1½-inch pieces	1 tablespoon garlic powder
Oil for deep-frying	2 tablespoons salt
1 large onion	2 teaspoons black pepper
1 large red bell pepper	2 teaspoons paprika
1 cup dill pickle slices	2 teaspoons baking powder
12 large wooden skewers	3 cups cold water
2 cups flour	1 teaspoon Louisiana hot sauce
½ cup cornstarch	

**HEAT** oil to 350°F in a very large skillet or deep fryer. **PEEL** and quarter onions; then separate. **CUT** bell pepper into pieces about the same size as the catfish. **SKEWER** a piece of catfish, then onion, bell pepper and pickle. **REPEAT** until skewer is full. **COMBINE** remaining ingredients for batter. **DIP** skewers into batter to coat well, and fry about 2 minutes on each side, or until light golden. **SERVE** warm.



## Bacon Potato Catfish Casseroles



Joe Oglesby  
Mississippi | 2009

### INGREDIENTS

4 U.S. Farm-Raised Catfish Fillets	1 tablespoon blackened Seafood Magic®, divided
12 ounces lean smoked bacon	½ teaspoon parsley
14 ounces frozen hash browns, thawed	½ teaspoon salt
1 cup grated sharp cheddar cheese, divided	½ teaspoon pepper
	4 ounces cream cheese
	3 green onions, chopped

**PREHEAT** oven to 350°F. **FRY** bacon until crisp, and crumble. **PLACE** hash browns on 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 to 20 minutes or until done. **GARNISH** with a dollop of cream cheese and green onions.

# Cajun Catfish Sheet Pan Dinner



Townsend Kyser  
Alabama | 2009

## INGREDIENTS

- |  |                                    |
|--|------------------------------------|
| 2 U.S. Farm-Raised Catfish Fillets                       | Olive oil                          |
| 1 ½ cups new potatoes                                    | Cajun seasoning                    |
| 1 cup Brussels sprouts, halved                           | 3 whole garlic bulbs, tops removed |
| 1 ear yellow corn, cut in half then quartered lengthwise | 4 large shrimp                     |
|  | 1 lemon, sliced                    |



**PREHEAT** oven to 350°F. Line a sheet tray with parchment paper. **COMBINE** potatoes, Brussels sprouts and corn. Drizzle with oil, and toss to coat. Season with Cajun seasoning blend. **PLACE** on parchment paper, leaving room in the middle for catfish. Add garlic, and drizzle tops with a little oil. Bake for 20 minutes. **PREPARE** catfish and shrimp by drizzling with oil, and season with Cajun seasoning. **REMOVE** from oven. Add catfish, shrimp and lemon slices to pan. **BAKE** for an additional 15 minutes, or until catfish is golden and flakes easily.

# Blackened Catfish with Creole Cream Sauce



Will Pearce  
Alabama | 2010

## INGREDIENTS

- |                                    |                               |
|------------------------------------|-------------------------------|
| 6 U.S. Farm-Raised Catfish Fillets | 1 teaspoon dried basil        |
| 1 ½ tablespoons paprika            | 1 teaspoon dried oregano      |
| 1 tablespoon garlic powder         | ¼ teaspoon sugar              |
| 1 tablespoon onion powder          | 6 tablespoons butter, divided |
| 1 tablespoon ground dried thyme    |                               |
| 2 teaspoons salt                   | <b>Creole Cream Sauce:</b>    |
| 1 ½ teaspoons cayenne pepper       | 1 cup heavy cream             |
| 1 teaspoon ground black pepper     | 2 tablespoon Creole mustard   |
|                                    | 2 tablespoon honey            |
|                                    | Salt and pepper to taste      |

**HEAT** a large, cast-iron skillet over medium-high heat. **COMBINE** paprika, garlic powder, onion powder, thyme, salt, cayenne pepper, black pepper, basil, oregano and sugar in a shallow bowl. Generously **COAT** each fillet with mixture. **MELT** 2 tablespoons of butter in skillet for each 2 fillets you cook. **ADD** 2 seasoned fillets to skillet, and cook 10 to 12 minutes, or until seasoning begins to blacken but not burn. **TURN** each fillet, and cook an additional 3 minutes. **REPEAT** with remaining fillets. For the Creole Cream Sauce, **COMBINE** first 3 ingredients into a sauce pan, and bring to a boil over high. **LOWER** heat to medium; simmer mixture until reduced by half. **SEASON** with salt and pepper to taste. **LET COOL** slightly, and serve over blackened catfish.



## Blackened Catfish Caesar Salad



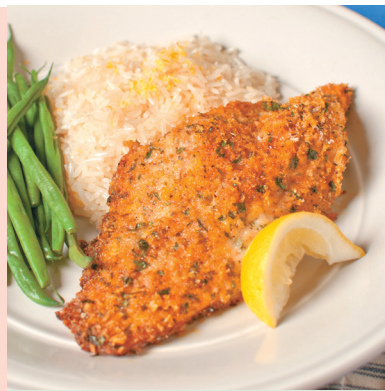
Ed Pentecost  
Mississippi | 2010

### INGREDIENTS

- |                                    |   |
|------------------------------------|---|
| 4 U.S. Farm-Raised Catfish Fillets | 1 teaspoon dried basil                      |
| 1 ½ tablespoons paprika            | 1 teaspoon dried oregano                    |
| 1 tablespoon garlic powder         | 1 teaspoon sugar                            |
| 1 tablespoon onion powder          | ½ stick butter, softened                    |
| 1 tablespoon ground dried thyme    | 2 romaine hearts, cut into bite-size pieces |
| 2 teaspoons salt                   | 2 cups croutons                             |
| 1 ½ teaspoons cayenne pepper       | Caesar dressing                             |
| 1 teaspoon ground black pepper     | 1 cup finely grated Parmesan cheese         |

**COMBINE** dry ingredients in a shallow bowl to make blackening spice. Generously **RUB** each fillet with butter, and coat heavily with blackening spice. **STORE** remaining blackening spice for up to 3 weeks in an airtight container. **HEAT** a large cast-iron skillet over medium-high heat. **ADD** seasoned fillets, skin side up, to skillet, and cook for 10 to 12 minutes, or until seasoning begins to blacken but not burn. **TURN** each fillet, and cook for an additional 3 minutes. **SET** aside to cool slightly; then slice. **PLACE** lettuce, croutons and Caesar dressing in a large bowl, and toss. **PLACE** ¼ of the salad mixture on a large plate, and top each with catfish slices and Parmesan cheese.

## Baked Italian-Style Catfish



Joey Lowery  
Arkansas | 2010

### INGREDIENTS

- |                                      |                          |
|--------------------------------------|--------------------------|
| 8 U.S. Farm-Raised Catfish Fillets   | ¼ teaspoon dried basil   |
| 1 cup breadcrumbs or panko           | 1 teaspoon paprika       |
| 1 cup Parmesan cheese, shredded      | ¼ teaspoon garlic powder |
| ¾ cup fresh Italian parsley, chopped | 2 teaspoons salt         |
| ½ teaspoon dried oregano             | 1 teaspoon black pepper  |
|                                      | 1 stick butter, melted   |
|                                      | Lemon wedges             |
|                                      | Parsley sprigs           |

**PREHEAT** oven to 375°F. Lightly **COAT** 13×9 baking pan with cooking spray. **COMBINE** dry ingredients in a shallow bowl, and stir well. **PAT** fish dry. **DIP** catfish in melted butter, and roll in breadcrumb mixture. **ARRANGE** fillets in prepared baking dish. **BAKE** uncovered for 20 to 30 minutes, or until fish flakes easily. **GARNISH** with lemon wedges and parsley sprigs.



# Sweet Bourbon-Glazed Catfish with Pecans



Travis Wilson  
Alabama | 2011

## INGREDIENTS

2 U.S. Farm-Raised Catfish Fillets	2 tablespoons bourbon
¼ cup seasoned cornmeal	1 tablespoon molasses
2 tablespoons of your favorite seasoning blend	1 tablespoon apple cider vinegar
½ cup vegetable oil	1 tablespoon soy sauce
½ cup fresh pecans	1 garlic clove, minced
	¼ teaspoon red pepper flakes

### Sweet Bourbon Glaze:

¼ cup dark brown sugar,  
packed

**PLACE** cornmeal into shallow dish, and mix in seasoning blend. **COAT** fillets well, and shake off any excess. **PLACE** large sauté pan over medium heat; add oil. When hot, carefully **ADD** catfish. **COOK** for approximately 3 to 4 minutes. **TURN** fillets over, and cook for 2 more minutes. **PLACE** catfish on serving platter. **DISCARD** any remaining oil in pan, and wipe pan clean with a paper towel. **PLACE** pecans into hot pan, shaking constantly. **TOAST** for approximately 5 minutes, or until lightly browned. **REMOVE** from pan, and sprinkle over catfish. **POUR** Sweet Bourbon Glaze over catfish fillets. **SERVE** with roasted sweet potatoes and mustard greens. For the Bourbon Glaze, **WHISK** together ingredients in a small sauce pan. **BRING** to a boil; reduce heat, and simmer for 5 minutes.

# Bronzed Catfish



Jeff Baxter  
Arkansas | 2011

## INGREDIENTS

4 U.S. Farm-Raised Catfish Fillets	½ teaspoon garlic powder
2 teaspoons paprika	½ teaspoon salt
2 teaspoons dried oregano	¼ teaspoon black pepper
2 teaspoons dried thyme leaves	1 pinch cayenne pepper
½ teaspoon onion powder	2 teaspoons olive oil
	1 teaspoon butter



In a small bowl, **STIR** spices together until well mixed. **SPRINKLE** both sides of fish with spice mixture, patting onto fillets. **HEAT** oil with butter in a large, nonstick frying pan over medium-high heat. When it begins to bubble, **ADD** fillets. **COOK** until fish flakes, about 4 minutes per side, and serve.

# Cheesy Catfish



Robert Wright  
Mississippi | 2011

## INGREDIENTS

2 pounds U.S. Farm-Raised Catfish Fillets  
2 tablespoons margarine  
½ cup grated Parmesan cheese  
¼ cup yellow cornmeal  
¼ cup all-purpose flour  
½ teaspoon pepper  
1 teaspoon Spanish paprika



**PREHEAT** the oven to 400°F. **PLACE** margarine in a 13×9 inch baking pan, and put in the oven to melt while oven is heating. **REMOVE** pan from the oven. **MIX** Parmesan cheese, cornmeal, flour, pepper and paprika in a plastic bag. **ADD** catfish fillets, one at a time, and shake to coat with the Parmesan mixture. **ARRANGE** fillets in a single layer in the prepared pan, turning once to coat with margarine. **SPRINKLE** remaining cheese mixture over fish. **BAKE** for 10 to 15 minutes, or until golden brown and fish flakes easily when tested with a fork.

# Fried Catfish



Kent Houlditch  
Alabama | 2012

## INGREDIENTS

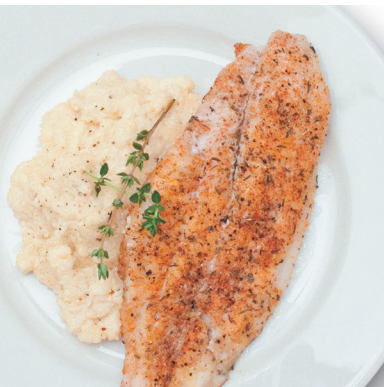
8 U.S. Farm-Raised Catfish Fillets (5 to 7 ounces each), quartered  
1 cup cornmeal  
1 cup flour  
¼ cup Creole seasoning

**PREHEAT** deep fryer to 375°F. **COMBINE** cornmeal, flour and seasoning. **TOSS** fillets in mixture, and place in fryer. **COOK** until golden brown. **SERVE** with hushpuppies, fresh cut fries and iced sweet tea.





## Baked Catfish Fillets



Bill Troutt  
Arkansas | 2012

### INGREDIENTS

4 to 5 U.S. Farm-Raised Catfish Fillets	Salt and pepper to taste
½ cup lemon juice (fresh lemon juice recommended)	Pam® cooking spray (olive oil flavored)
½ stick melted butter	Onion, finely chopped
Seasoned breadcrumbs (Italian breadcrumbs recommended)	Tomato, finely chopped
	Bell pepper, finely chopped

**MIX** lemon juice and melted butter in a small bowl. **PLACE** breadcrumbs in a Ziploc® bag, add salt and pepper to taste and mix thoroughly. **DIP** fillets in the lemon butter; then place in breadcrumbs, and shake until coated. **LINE** a baking pan with foil, spray with Pam® (olive oil-flavored is recommended) and place fillets. **BAKE** at 350°F for 20 minutes, or until flaky. **ADJUST** ingredients to your liking. You can **ADD** finely chopped onions, tomatoes and bell peppers to the top of the fillets before baking.



## Cajun Catfish with Dijon Potato Salad



Harrell Potter  
Mississippi | 2012

### INGREDIENTS

4 U.S. Farm-Raised Catfish Fillets	1 ½ cups celery, diced
½ cup fish breading	1 cup bacon, cooked, drained and chopped
1 tablespoon Creole seasoning	2 tablespoons honey
1 ½ to 2 cups frying oil	2 tablespoons mayonnaise
	1 tablespoon Dijon mustard
	1 tablespoon Creole mustard
<b>Honey Dijon Bacon</b>	1 tablespoon fresh parsley, chopped
<b>Potato Salad:</b>	Salt and pepper to taste
5 cups baby Yukon Gold potatoes, cooked and quartered	Hot sauce to taste
1 medium red onion, diced	

**COMBINE** fish breading and Creole seasoning in shallow bowl. **COAT** the fillets in breading, lightly shaking off any excess. In large skillet, **HEAT** oil over high heat. **FRY** catfish until golden brown, about 3 minutes per side. **PLACE** on paper towel to drain. For the Honey Dijon Bacon Potato Salad, **COMBINE** all ingredients, and mix well. **ADJUST** seasoning with salt, pepper and hot sauce. **COVER** and refrigerate. **SERVE** immediately.



# Parmesan Catfish with Marinara Sauce



Shorty Jones  
Mississippi | 2013

## INGREDIENTS

4 U.S. Farm-Raised Catfish Fillets	Vegetable oil for frying
1 cup panko bread crumbs	1 ½ cups marinara sauce
2 cloves garlic, finely minced	½ cup Parmesan cheese
	1 cup mozzarella cheese

**PRE-HEAT** oven to 350°F. **COMBINE** panko and garlic; coat catfish with mixture. **FRY** catfish in vegetable oil until golden brown, about 5 to 6 minutes, depending on size. **REMOVE** fish from oil, and drain on paper towels. **MIX** marinara and Parmesan cheese. **TOP** catfish fillets with marinara mixture and mozzarella cheese. **BAKE** 15 minutes, or until cheese is melted.



# Catfish Roll



Derry Bone  
Alabama | 2013

## INGREDIENTS

6 U.S. Farm-Raised Catfish Fillets	4 celery stalks, finely chopped
¼ cup olive oil	Seasoned salt to taste
Juice of 1 lemon, divided into 2 parts	Hotdog buns
Salt and pepper to taste	Butter
½ cup mayonnaise	



**PREHEAT** oven to 375°F. **COMBINE** olive oil, half the lemon juice, and salt and pepper. **BRUSH** fillets with mixture. **BAKE** 10 to 15 minutes, or until golden brown. **BRUSH** other half of lemon juice over fish and let cool; cut into bite-sized pieces. **MIX** mayonnaise, celery and seasoned salt, and add catfish to mixture. **BUTTER** hotdog buns, and warm at 350°F. **STUFF** buns with fish salad and enjoy!

# Cajun Catfish with Russet Potatoes



Brad Graham  
Arkansas | 2013

## INGREDIENTS

4 (4-ounce) U.S. Farm-  
Raised Catfish Fillets  
1 tablespoon fresh  
lemon juice  
1 tablespoon olive oil  
4 teaspoons Cajun  
seasoning  
Lemon wedges (optional)

**Grilled Russet Potatoes:**  
2 medium russet potatoes  
2 tablespoons butter,  
melted  
¼ onion, diced  
Cajun seasoning to taste



**PRE-HEAT** grill. **COMBINE** lemon juice and olive oil, and brush mixture on fillets. **SPRINKLE** Cajun seasoning on fillets. **GRILL** 20 to 30 minutes on medium until done. **PRE-HEAT** grill. Thinly **SLICE** potatoes, and place in foil. **COMBINE** butter, onion and Cajun seasoning, and pour over potatoes. Tightly **SEAL** foil, and place in a shallow foil pan. **GRILL** on medium 25 to 35 minutes or until done. (Keep sealed the entire time.) **STIR** before serving to distribute the seasoning. **PAIR** potatoes with grilled catfish.

# Catfish Allison



Rick Moyer  
Mississippi | 2014

## INGREDIENTS

6 to 8 U.S. Farm-Raised Catfish Fillets	6 green onions, finely chopped
1 cup grated Parmesan cheese	½ teaspoon Worcestershire sauce
½ cup butter or margarine, softened	Generous dash Tabasco sauce
6 tablespoons mayonnaise	

**PLACE** cheese, butter, mayonnaise, onion, Worcestershire and Tabasco in a bowl, and mix thoroughly. **POACH** catfish fillets in lightly simmering water for 4 to 5 minutes, or until thoroughly cooked. Gently **TAKE** fillets out of water, and set aside to drain. **PLACE** fillets into lightly greased baking dish. **COVER** each fillet with approximately 3 tablespoons cheese mixture, and place under broiler until mixture browns – about 2 to 3 minutes. Carefully **LIFT** fillets from baking dish, and place on individual plates, spooning pan juices over each serving. **GARNISH** with freshly chopped green onions if desired.

## JK's Catfish Tacos



Steve Kueter  
Arkansas | 2014

### INGREDIENTS

6 (3- to 4-ounce) U.S. Farm-Raised Catfish Fillets	2 limes 1 lemon
$\frac{2}{3}$ red onion, sliced	<b>JK's Citrus Slaw</b>
$\frac{2}{3}$ red bell pepper, sliced	1 bag angel hair coleslaw
Olive oil	2 tablespoons mayonnaise
Chili powder	$\frac{1}{3}$ red onion, chopped
Garlic powder	$\frac{1}{3}$ red bell pepper, chopped
Corn tortillas, steamed	1 orange, peeled and chopped

**PREHEAT** oven to 375°F. **SLICE** red onion and red pepper, and set aside. **BRUSH** catfish fillets with olive oil; then sprinkle both sides of catfish fillets with chili powder and garlic powder. **PLACE** seasoned catfish fillets in roasting pan with rack or broiling pan. **COVER** fillets with sliced onion and pepper. **BAKE** for 20 minutes, or until fish becomes flaky. To serve, **CUT** fillets in half lengthwise to better fit tortillas. **SQUEEZE** lemon and limes over catfish and top with citrus slaw. For the Citrus Slaw, **MIX** all ingredients together and chill. **TIP:** Use a paring knife to wedge orange over slaw mixture to ensure juice is mixed into slaw.

## Kyser BBQ Catfish



Bill Kyser  
Alabama | 2014

### INGREDIENTS

12 (7- to 9-ounce) whole U.S. Farm-Raised Catfish Fillets	1 tablespoon salt
Vegetable cooking spray	2 teaspoons Worcestershire sauce
Vegetable oil	2 teaspoons horseradish
	Tabasco sauce to taste

### Basting Sauce:

1 pound oleo margarine
3 ounces Durkee's Famous Sandwich & Salad Sauce
1 cup lemon juice



**SPRAY** grill generously with cooking spray. **DIP** catfish in vegetable oil. **SPRINKLE** cavities with salt, and place catfish on grill. **COOK** over medium coals (300°F to 325°F on a gas grill), for 1 hour, or until golden brown. **BASTE** often. For the Basting Sauce, **MIX** sauce ingredients together in saucepan, and simmer until melted. **BASTE** on fish while grilling.

## Kee's Kat Kakes



Sage Spree  
Alabama | 2015

### INGREDIENTS

8 U.S. Farm-Raised Catfish Fillets	1 cup finely diced celery, ribs and leaves
1 cup chicken broth	2 cups finely crushed Ritz crackers
1 cup Miracle Whip	1 teaspoon salt
1 egg, beaten	1 teaspoon pepper
1 cup each, finely diced green and red bell peppers	1 tablespoon onion powder
1 cup diced green onion, white and green parts	2 tablespoons Old Bay seasoning
	¼ cup vegetable oil for frying

**PLACE** catfish fillets in an electric skillet with sides. **ADD** broth, and cook on high until fish flakes easily, about 6 minutes. **DRAIN** fish. **FLAKE** cooked fish into large bowl, and add Miracle Whip. **ADD** egg and diced vegetables, and stir. **ADD** cracker crumbs and seasonings, then **MIX** well. **FORM** into patties, and fry in hot oil, turning as needed, until desired browning is achieved on both sides. **SERVE** with tartar sauce or rémoulade.

## Catfish Parmesan



Greg Moyers  
Arkansas | 2015

### INGREDIENTS

4 U.S. Farm-Raised Catfish Fillets	1 teaspoon Worcestershire sauce
¾ cup Parmesan cheese, finely grated	½ teaspoon hot pepper sauce
¾ cup Japanese bread crumbs (panko)	1½ tablespoons freshly squeezed lemon juice (about ½ lemon)
3 tablespoons unsalted butter brought to room temperature	2 tablespoons finely chopped fresh flat-leaf parsley
3 tablespoons mayonnaise	Salt and pepper to taste
3 green onions, thinly sliced (green tops only)	

**PREHEAT** oven to 425°F. In a medium bowl, **MIX** together cheese, bread crumbs, butter, mayonnaise, green onions, Worcestershire, hot pepper sauce, lemon juice and parsley. **SEASON** with salt and pepper to taste. (Mixture can be made up to 24 hours ahead of time and refrigerated.) **PAT** catfish fillets dry with paper towels. **SEASON** generously with salt and pepper, and **PLACE** fillets on lightly greased cookie sheet. **COVER** each fillet with approximately 3 tablespoons cheese mixture, and place in oven until bubbly and almost cooked through – about 8 to 10 minutes. Before removing from oven, **PLACE** fillets under broiler for 2 to 3 minutes to brown and crisp the tops. When done, fish should easily flake with a fork. **SERVE** immediately.



## Catfish Gumbo



Jon Cooper  
Mississippi | 2015

### INGREDIENTS

6 U.S. Farm-Raised Catfish Fillets, cubed	1 (16-ounce) can chopped tomatoes, with liquid
½ cup vegetable oil	5 cups chicken stock
½ cup flour	½ teaspoon cayenne pepper
4 garlic cloves, minced	1 teaspoon salt
2 cups chopped onions	2 bay leaves
1 cup chopped celery	1 pound sliced smoked sausage, Andouille or other
1 cup chopped green bell pepper	Rice
10 ounces frozen cut okra (optional)	

In a large stock pot over medium heat, **COMBINE** oil and flour to make a roux, browning slowly and stirring frequently. **COOK** for about 30 minutes until it is a rich, milk chocolate color. When roux is just right, **ADD** garlic, onions, celery and green bell pepper, stirring vigorously. **COOK** 2 to 3 minutes. Reduce heat to low, and cook 15 to 20 minutes, stirring occasionally. **ADD** remaining ingredients, and simmer for 1 hour or more. **STIR** once in a while. **SERVE** with rice. Makes 3 quarts.

## Crunchy Baked Catfish



John Farmer  
Arkansas | 2016

### INGREDIENTS

4 to 6 U.S. Farm-Raised Catfish Fillets  
2 cups Kellogg's Rice Krispies cereal  
1 cup mayonnaise  
Salt and pepper to taste



**PREHEAT** oven to 350°F. **CRUSH** Kellogg's Rice Krispies in a large resealable bag until fine. **PAT** catfish fillets dry with paper towels. **COAT** generously with mayonnaise, and cover both sides with crushed Rice Krispies. **PLACE** skin side down on cooking rack above a roasting pan, and **SEASON** with salt and pepper to taste. **BAKE** for 30 to 40 minutes, or until fish flakes easily.

## Southern Fried Catfish



Bubba Drury  
Alabama | 2016

### INGREDIENTS

4 to 6 U.S. Farm-Raised Catfish Fillets  
Peanut oil for frying  
1 tablespoon Tony Chachere's Original Creole Seasoning  
1 package Zatarain's® Seasoned Fish Fri

**FILL** deep fryer with peanut oil, and heat to 350°F. **CUT** catfish fillets into strips. **SPRINKLE** with Tony Chachere's seasoning. Evenly **COAT** strips with Zatarain's Seasoned Fish Fri. Working in batches, **FRY** strips in hot oil until light golden brown, approximately 7 minutes. **DRAIN** on paper towels. **SERVE** with hush puppies, baked beans and fresh cabbage slaw for a classic Southern dish.

## Pan-Fried Catfish



Jerry Nobile  
Mississippi | 2016

### INGREDIENTS

4 to 6 U.S. Farm-Raised Catfish Fillets  
¾ cup flour  
½ cup cornmeal  
2 teaspoons Tony Chachere's Original Creole Seasoning  
2 tablespoons butter  
2 lemons  
Salt and pepper to taste



In a medium bowl, **MIX** together flour, cornmeal and Tony Chachere's seasoning. **PLACE** catfish fillets in mixture, coating both sides. **MELT** butter in an electric skillet on medium heat. **COOK** fillets for 6 to 8 minutes on each side. **SQUEEZE** lemon juice over fillets while cooking. When done, fish should easily flake with a fork. **DRAIN** on paper towels. **SEASON** with salt and pepper, and **GARNISH** with fresh lemons.

# Grilled Catfish



Mary Quitman  
Holmes  
Alabama | 2017

## INGREDIENTS

8 U.S. Farm-Raised Catfish Fillets	2 tablespoons Worcestershire sauce
½ cup vegetable oil	1 tablespoon garlic, minced
⅓ cup soy sauce	1 tablespoon dry mustard
¼ cup red wine vinegar	1 ½ teaspoons pepper
3 tablespoons lemon juice	

**COMBINE** all ingredients, except fillets, in a heavy-duty Ziploc® bag. **ADD** catfish fillets, and **TURN** to coat all sides. Seal and **MARINATE** in the refrigerator for 2 hours, turning occasionally. **SPRAY** the inside of a fish-grilling basket with vegetable oil spray. **REMOVE** fillets from marinade, and place inside grilling basket. **GRILL** fillets for approximately 4 minutes on each side.



# John Grisham Catfish



Chris & Missy  
McGlawn  
Mississippi | 2017



## INGREDIENTS

4 U.S. Farm-Raised Catfish Fillets	4 tablespoons butter
2 cups all-purpose flour	½ teaspoon garlic powder
1 ¼ teaspoons salt, divided	2 cups whipping cream
1 teaspoon black pepper	¼ cup chopped green onions, divided
Olive oil, for frying	2 teaspoons lemon juice
12 large fresh shrimp	¼ teaspoon red pepper
	Garnish: lemon wedges

**COMBINE** flour, one teaspoon salt and one teaspoon black pepper in a shallow dish. **DREDGE** fillets in flour mixture. **POUR** oil into a skillet, and heat to 360°F. **SAUTÉ** fillets 6 minutes, or until golden brown. **PEEL** shrimp, and remove veins. **MELT** butter in a saucepan, **ADD** shrimp and garlic powder, and cook until shrimp turns pink. **REMOVE** shrimp and set aside. **ADD** whipping cream, two tablespoons green onions, lemon juice, remaining ¼ teaspoon salt and ¼ teaspoon red pepper. **STIR** for 12 to 15 minutes, or until mixture thickens. **PLACE** catfish fillets on a serving plate, and **TOP** with shrimp and sauce. **SPRINKLE** with remaining green onions, and **GARNISH** with lemon wedges, if desired.



# Broiled Catfish Parmesan



Glen Fleming  
Arkansas | 2017

## INGREDIENTS

6 to 8 U.S. Farm-Raised Catfish Fillets	¼ teaspoon dried basil
½ cup Parmesan cheese	¼ teaspoon black pepper
¼ cup butter, softened	⅛ teaspoon onion powder
3 tablespoons mayonnaise	⅛ teaspoon celery salt
2 tablespoons fresh lemon juice	

**PREHEAT** broiler. **GREASE** broiling pan or line pan with aluminum foil. In a small bowl, **MIX** together all ingredients, and set aside. **ARRANGE** fillets in a single layer on prepared pan. **BROIL** fillets for 2 to 3 minutes on each side. **REMOVE** fillets from oven, and **COAT** with Parmesan cheese mixture on the top side. **BROIL** for 2 more minutes, or until topping is browned and fish flakes easily with a fork.



# Coconut Catfish



Bari Cain  
Arkansas | 2018

## INGREDIENTS

2 pounds U.S. Farm-Raised Catfish Fillets, cut into 1-inch strips	1 (14-ounce) package sweetened flaked coconut
2 cups all-purpose flour, divided	Vegetable oil
½ teaspoon baking powder	<b>Sweet Dipping Sauce:</b>
½ teaspoon paprika	1 (10-ounce) jar orange marmalade
½ teaspoon curry powder	3 tablespoons prepared horseradish
½ teaspoon salt	3 tablespoons Creole mustard
¼ teaspoon cayenne pepper	
1 (12-ounce) can beer	

**COMBINE** 1 ½ cups flour, baking powder, paprika, curry powder, salt, cayenne pepper and beer in a large bowl. **DREDGE** catfish strips in ½ cup flour. **DIP** strips in beer batter, and roll in coconut. **FRY** coated strips in deep, hot oil (350°F) until coconut is golden brown. **DRAIN** on paper towels. **PLACE** on serving dish. For the Sweet Dipping Sauce, **COMBINE** ingredients in a small bowl. May be served hot or cold.



## Catfish Bienville



Danny Miller  
Alabama | 2018

### INGREDIENTS

6 U.S. Farm-Raised Catfish Fillets	½ pound shrimp
½ cup butter, divided	¼ cup all-purpose flour
Salt and pepper to taste	2 cups heavy cream
4 slices bacon, diced	1 cup chicken stock
1 medium onion, diced	½ cup Parmesan cheese
2 tablespoons garlic, minced	1 teaspoon cayenne pepper
1 red bell pepper, diced	1 tablespoon sherry (optional)
1 rib celery, diced	Freshly cut parsley for garnish
1½ cups chopped mushrooms	

**MELT** 2 tablespoons butter. Coat each fillet with salt and pepper; brush with melted butter. **ADD** seasoned fillets to a very hot cast-iron skillet, and **SEAR** to get a nice crust, approximately 1 to 2 minutes. Turn and sear other side, about 3 minutes. Remove from heat. **PLACE** a large skillet over medium heat. Cook bacon until crispy. **REMOVE** bacon from pan; add remaining butter. **ADD** onions and garlic, and cook for 3 minutes. Add bell pepper, celery and mushrooms; cook an additional 3 minutes. **ADD** shrimp and cook for 3 minutes. **DUST** shrimp mixture with flour, and stir to coat evenly; continue to cook for 2 minutes. **STIR** in heavy cream and chicken stock; cook until sauce thickens. Add Parmesan cheese, and stir to combine. **ADD** cayenne pepper, and season with salt, pepper and sherry to taste. **SPOON** sauce over cooked fillets, and garnish with parsley if desired.

## Mr. Bill's Sautéed Catfish



Dan Bradshaw  
Mississippi | 2018

### INGREDIENTS

6 U.S. Farm-Raised Catfish Fillets	4 teaspoons Greek seasoning
2 tablespoons butter, melted	6 tablespoons extra virgin olive oil, divided
2 tablespoons lemon juice	
1 teaspoon Creole seasoning	

**COMBINE** butter, lemon juice, seasonings and 4 tablespoons olive oil in bowl. **PAT** catfish dry, and marinate in butter mixture for 30 minutes or up to 2 hours. **HEAT** a sauté or grill pan to medium heat with 2 tablespoons of olive oil. **PLACE** catfish in pan, presentation side down. **COOK** for 15 minutes; then flip and cook for 5 minutes more. **SERVE** with sauce of your choice or as a catfish sandwich.



## Easy Grilled Catfish



Ben Pentecost  
Mississippi | 2019

### INGREDIENTS

6 to 8 U.S. Farm-Raised Catfish Fillets	2 tablespoons lemon juice
½ cup olive oil	1 teaspoon soy sauce
1-2 teaspoons seasoning salt	1 cup butter
1 teaspoon Creole seasoning	2 lemons sliced
	1-2 tablespoons fresh rosemary (chopped)



**WASH** catfish fillets, and pat dry. **PLACE** fillets in foil pan sprayed with cooking spray. **DRIZZLE** olive oil over catfish. **SPRINKLE** seasoning salt, Creole seasoning, lemon juice and soy sauce over catfish. **COVER** with foil, and place in refrigerator for 1 hour or longer. **MELT** butter, and pour over catfish. **TOP** with lemon slices and rosemary. **COVER** with foil (lightly), and grill at 350°F for 20 minutes. **UNCOVER**, and grill 5-10 more minutes until flaky.

## Parmesan-Crusted Catfish



Rosemary Baxter  
Arkansas | 2019

### INGREDIENTS

4 to 6 U.S. Farm-Raised Catfish Fillets	<b>Easy Baked Rice:</b>
½ cup Parmesan cheese	1 cup rice
½ cup Italian bread crumbs	2 cans consommé soup
1 tablespoon turmeric	1 can drained, sliced water chestnuts
½ teaspoon white pepper	1 stalk celery, chopped
½ teaspoon cayenne pepper	1 stick butter
1 tablespoon olive oil	1 jar pimientos

**WASH** catfish fillets, pat dry and set aside. In a small bowl, **MIX** equal amounts of Parmesan cheese and Italian bread crumbs. **ADD** the turmeric, white pepper and cayenne pepper. **RUB** catfish fillets with olive oil. **COAT** each fillet with dry mixture, and place in oiled baking dish. **BAKE** at 350°F for 20 minutes. For the Easy Baked Rice, **COMBINE** all ingredients in a casserole dish. **BAKE** at 350°F for 1 hour. **PUT** the rice in first; then put the catfish in for 30 minutes.

## Cajun Catfish Dip



Willard Powe  
Alabama | 2019

### INGREDIENTS

4 to 5 U.S. Farm-Raised Catfish Fillets	2 tablespoons Worcestershire sauce
Red pepper to taste	½ cup mayonnaise
Creole seasoning to taste	½ cup chopped green onions
Cajun spices to taste	½ cup chopped celery
8 ounces cream cheese (room temperature)	¼ cup chopped red onion
½ cup sour cream	1 teaspoon garlic powder
	2 tablespoons lemon juice

**COVER** both sides of fillets with red pepper, Creole and Cajun spices. **BAKE** at 400°F until lightly brown. **LET** fillets cool, mash with a fork, add all other ingredients. **ADD** additional Creole seasoning, red pepper, and Cajun spices according to how hot and spicy you prefer. **CHILL** overnight, and serve with crackers.



## Catfish Mini Quiche Bites



Luke Smelley  
Alabama | 2020

### INGREDIENTS

2 U.S. Farm-Raised Catfish Fillets, cooked and flaked	½ cup bacon, cooked and diced into bits
¼ cup mayonnaise	½ cup sweet Vidalia onion, diced
¼ cup honey mustard	Mini phyllo shell pastries, 4 boxes of 15 pre-made shells, or 60 total
2 tablespoons flour	4 boxes of 15 pre-made shells, or 60 total
2 eggs, beaten	¾ cup green onion, diced, for garnish
½ cup milk	
¼ teaspoon salt	
¼ teaspoon black pepper	
¼ teaspoon smoked paprika	<b>Note:</b> Follow box directions for prepping shells or crusts.
1 cup Colby-Jack or cheddar cheese	

**PREHEAT** the oven to 350°F. In a large bowl, **ADD** mayonnaise, honey mustard, flour, eggs, milk and dry spice ingredients (salt, pepper and smoked paprika). **BEAT** until mixed. **FOLD** in already-cooked and flaked catfish, cheese, cooked bacon bits and sweet onion to large bowl mixture. **SPOON** mixture into already-baked shells, about 1 large heap per shell. **GARNISH** each mixture in a shell with some green onion. **BAKE** on the middle rack of the oven for 20-24 minutes, or until a toothpick inserted in mini pie comes out clean. **COOL** on wire 5 minutes before serving.



## Pan-Fried Catfish



Terry Kruse  
Arkansas | 2020

### INGREDIENTS

10 (5-ounce) U.S. Farm-Raised Catfish Fillets  
½ cup olive oil  
2 cups Louisiana Fish Fry  
½ cup flour  
1 tablespoon Tony Chachere's Seasoning  
½ tablespoon black pepper

**PREHEAT** iron skillet with ½ cup olive oil. **MIX** all breading ingredients, and place in a shallow dish. **PLACE** the U.S. Farm-Raised Catfish in the dish, turning to coat each side. **PLACE** breaded fish fillets in skillet for three minutes per side. Remove from skillet, let **COOL** and enjoy.



## Quarantine Catfish



Will Nobile  
Mississippi | 2020

### INGREDIENTS

6 to 8, (3- to 5-ounce) U.S. Farm-Raised Catfish Fillets	1 teaspoon ground pepper
1 can black beans	1 teaspoon salt
1 can whole corn	12-ounce pack of smoked sausage
1 can RO-TEL tomatoes	1 medium sweet onion
1 can green beans	1 can sliced potatoes
1 stick of butter	1 cup of shredded cheese of choice
1 tablespoon Shapley's seasoning	

**Note:** Served over rice

**PREHEAT** oven to 350°F. Evenly **PLACE** U.S. Farm-Raised Catfish fillets in a 9x13 inch pan. **COMBINE** and spread black beans, corn, tomatoes and green beans over the catfish fillets. **MELT** one stick of butter, and pour over entire dish. **ADD** remaining seasonings together, and apply evenly over entire dish. **CUT** smoked sausage into ½ inch slices, and spread evenly over dish. **SPREAD** sliced onion and potatoes over fillets. **SPRINKLE** 1 cup of shredded cheese over dish. **BAKE** for 45 minutes to 1 hour, or until the catfish fillets are flaky to the touch. **SERVE** over a bed of rice.



## Momma's Catfish Andy



Andy Jones  
Mississippi | 2022

### INGREDIENTS

4 U.S. Farm-Raised Catfish Fillets  
1 cup ranch salad dressing  
2 cups Lay's Original Potato Chips, crushed (enough for coating)  
1 cup shredded cheddar cheese

**COAT** catfish fillets with ranch salad dressing. **DREDGE** fillets through crushed potato chips. **PLACE** on a baking pan, and top with shredded cheddar cheese. **BAKE** at 400°F for 20 minutes. **SERVE** with mashed potatoes and sweet peas.



## Catfish Taco Salad



Kenny Francis  
Arkansas | 2022

### INGREDIENTS

2 pounds U.S. Farm-Raised Catfish Fillets	Lettuce
Medium bag tortilla chips	Tomato
1 taco seasoning packet	¼ cup sliced black olives
8 ounces taco sauce	¼ cup chopped scallions
1 cup taco blend shredded cheese	Salt and pepper to taste

**PREHEAT** oven to 425°F. **SEASON** catfish with salt, pepper and taco seasoning. **BAKE** catfish fillets in an oiled oven-safe dish for 25 minutes, or until catfish flakes easily. In a 9x13 casserole dish, **SPREAD** chips covering bottom, breaking them some to take up less space (save a handful to use later). **LAYER** the catfish fillets on top of the chips. **SPREAD** taco sauce over catfish. **PLACE** back in a warm oven (175°F) until ready to serve. Just before serving, **COVER** fish with lettuce, tomato and shredded cheese. **GARNISH** with chopped scallions, black olive slices and remaining chips.

# Catfish Etouffée



Ashley Kyser  
Alabama | 2022

## INGREDIENTS

- |                                       |   |
|---------------------------------------|---|
| 2 U.S. Farm-Raised Catfish Fillets    | 2 tablespoons fresh garlic, chopped     |
| 3 tablespoons olive oil, divided      | 2 cups of your favorite etouffée sauce  |
| 1 to 2 cups mixed bell peppers, diced | 2 teaspoons Cajun seasoning spice blend |
| ½ cup red onion, diced                | 1 cup rice, cooked                      |
| ½ cup celery, diced                   |   |



**HEAT** 2 tablespoons olive oil in sauté pan over high heat; add peppers, onion, celery and garlic. **SAUTÉ** until onions are soft. **ADD** etouffée sauce, and reduce to a simmer. In another skillet, **HEAT** 1 tablespoon olive oil over medium-high heat. **SPRINKLE** fillets with Cajun seasoning. **PLACE** into skillet, and sauté for approximately 4 to 5 minutes. **TURN** fillets over and gently pour etouffée sauce over fillets. **REDUCE** heat to low; simmer approximately 5 minutes, or until catfish is cooked through. **SERVE** over rice.

# Before You Cook



- Never thaw frozen catfish at room temperature.
- Thaw in a refrigerator or in a sealed bag submersed in cool water for up to an hour.
- Use a cedar plank, cast-iron skillet, foil packets or a fish basket for easy grilling.
- Swap any white fish for U.S. Farm-Raised Catfish in your favorite recipes.
- Check your recipe to see which steps can be done ahead of time.





For even more recipes,  
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