

# SAILOR R and R

<http://www.SailorRandR.com/recipes/>

## 90+ Catfish Recipes

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Recipe Name: ACRATS DE MORUE (CATFISH FRITTERS)

Cuisine: Martinique  
Category: Martinique  
Preparation: stir  
Temperature:  
Servings: 8

### Ingredients:

1-1/2 c Flour, all-purpose  
2 md Eggs -cooled  
1/2 lb Salt codfish  
2 ea Scallions; chopped fine  
1 tb Parsley; chopped  
1 ea Allspice berry; ground  
Oil, vegetable  
1/2 ts Salt  
3 tb Butter, unsalted; melted,  
1 c Milk, whole  
1 ea Pepper, hot; seeded  
1 ea Garlic cloves; crushed  
1/2 ts Thyme  
Pepper, black; to taste

### Instructions:

Sift flour and salt into bowl. Beat eggs with butter and add to flour mixture. Add milk gradually, stirring only to mix. Add more milk if batter is too stiff. Cover, allow to stand 3 hours. Meanwhile, soak fish in cold water. Drain, remove bones and skin. Pound fish in mortar with hot pepper. Add scallions, garlic, parsley, thyme, allspice, and black pepper to taste. Stir into batter and stand 30 minutes. Heat oil in deep fryer (375F) and fry mixture by heaping tablespoons until golden brown. Drain on paper towels and keep warm.

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Recipe Name: BAKED ALMOND CATFISH

Cuisine: Fish/shellf  
Category: Fish/shellf  
Preparation: bake  
Temperature:  
Servings: 4



Ingredients:

1/2 c Whole almonds, toasted  
3 tb Cornmeal  
2 tb Grated Parmesan cheese  
2 tb Fresh parsley, chopped  
1 tb Flour  
Salt & freshly ground black  
-pepper, to taste  
2 tb Fresh lemon juice  
2 lb Catfish fillets  
Parsley sprigs and lemon  
-wedges, for garnish

Instructions:

Grind the almonds and combine with the cornmeal, Parmesan cheese, flour, salt and pepper. Sprinkle the lemon juice over the catfish and coat the fillets thoroughly with the almond mixture. Place the fillets on a baking sheet and bake at 400F for 8 minutes, or until cooked through. Serve immediately. NOTE: These sweet catfish fillets in a crunchy almond crust can be accompanied by rice tossed with peas and asprinkle of lemon zest. Source:  
<http://www.SailorRandR.com/recipes/>

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Recipe Name: BAKED CATFISH & PECANS

Cuisine: Wildgame  
Category: Wildgame  
Preparation: bake  
Temperature:  
Servings: 1

Ingredients:

2 lb Catfish fillets  
1 c All-purpose flour  
1 t Lemon rind, grated  
1/4 c Pecans, chopped  
1 T Worcestershire sauce  
1 t Salt  
1/4 t Red pepper  
1/2 c Butter  
1 T Lemon juice

Instructions:

Make pecan sauce by combining 1/4 C butter, chopped pecans, lemon juice and Worcestershire sauce and blend well. Combine flour, salt, pepper, lemon rind. Roll fillets in mixture, coating well. Melt 1/4 C butter in large skillet. Brown fillets over medium heat until light brown; turn once to brown both sides. Place fillets in well-greased 12X8X2 baking dish. Sprinkle pecan butter sauce over fillets. Sprinkle with additional chopped pecans if desires. Bake uncovered at 350 degrees for 12 minutes or until fish flakes easily when tested with a fork.

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Recipe Name: Baked Catfish a la Menui ere

Cuisine: Catfish  
Category: Catfish  
Preparation: bake  
Temperature:  
Servings: 6

Ingredients:

4 ea Catfish fillets (5 oz ea)  
1/2 c Cracker meal  
1/4 c Parmesan cheese  
1 tb Lemon and herb seasoning  
1 ea Egg  
x Meuni`ere suace  
1 tb Water

Instructions:

Thaw frozen fish according to package directions. Beat egg and water. Combine cracker meal, cheese and seasoning; dip fish fillet in beaten egg. then roll in crumb mixture. Pour Meuni`ere Sauce in shallow baking dish; place fillets in dish, turning once or twice to coat both sides well. Bake in preheated 350 F. degree oven 40 minutes, or until fish flakes easily.

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Recipe Name: Baked Catfish A la Meuni`ere

Cuisine: Cajun  
Category: Cajun  
Preparation: bake  
Temperature:  
Servings: 6

Ingredients:

4 ea Catfish fillets (5 oz ea)  
1/4 c Parmesan cheese  
1 ea Egg  
1 tb Water  
1/2 c Cracker meal  
1 tb Lemon and herb seasoning  
1 x Meuni`ere suace

Instructions:

1. Thaw frozen fish accoding to package directions. 2. Beat Egg and Water. 3. Combine cracker meal, Cheese and seasoning; dip fish fillet in beaten Egg. then

roll in crumb mixture. 4. Pour Meuni`ere Sauce in shallow bakin dish; place fillets in dish, turning once or twice to coat both sides well. 5. Bake i preheated 350 F. degree oven 40 minutes. or until fish flakes ea sily.

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Recipe Name: BAKED CATFISH SUPREME

Cuisine: Fish/shellf  
Category: Fish/shellf  
Preparation: bake  
Temperature:  
Servings: 6

Ingredients:  
2 lb Farm-raised catfish fillets  
1 ts Salt  
1/2 ts White pepper  
1 Lemon; juice of  
4 tb Minced parsley  
1 c Mayonnaise  
1/4 ts Paprika

Instructions:  
Sprinkle fish fillets with satl and pepper; place in greased baking dish. Add lemon juice and parsley to mayonnaise and spread over fillets. Bake at 350 degrees for 30 minutes, or until fish flakes easily when tested with a fork. Sprinkle with paprika before serving.

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Recipe Name: BAKED FILLET OF CATFISH CREOLE

Cuisine: Seafood  
Category: Seafood  
Preparation: bake  
Temperature:  
Servings: 4

Ingredients:  
4 5-8 oz. catfish fillets  
2 tb Butter  
1 c Chopped onions  
3/4 c Chopped celery  
1/2 c Bell pepper; chopped  
4 Cl Garlic; chopped  
2 cn Tomato sauce; (8 oz. each)  
2 Bay leaves; (whole)  
1 ts Chili powder  
Salt; to taste

Cayenne pepper; to taste  
1/2 ts Sugar  
1/4 ts Thyme  
1/4 ts Dill  
1/4 ts Sweet basil  
1 c Water  
Salt  
Cayenne pepper

Instructions:

Place catfish fillets in baking pan with 1-inch lip. Cover with Creole sauce. Bake at 350 F. for 15-20 minutes. In a heavy pot, saute seasonings in butter until done (10 minutes). Add tomato sauce and water, bring to a rapid boil, and reduce to simmer. Stir occasionally and cook approximately one hour. Add water to retain volume. Season with salt and cayenne pepper to taste.

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Recipe Name: BAKED STUFFED CATFISH

Cuisine: Fish/shellf  
Category: Fish/shellf  
Preparation: bake  
Temperature:  
Servings: 1

Ingredients:

2 Onions chopped  
4 Stalks celery chopped  
1 Bell pepper chopped  
1/2 c Butter  
20 oz Can tomatoes with or without  
Chilies  
8 oz Tomato sauce (canned or home  
Made)  
To taste salt, black pepper  
And cayenne pepper  
1/4 c Parsley chopped  
1/4 c Green onion tops chopped  
5 lb Whole catfish, cleaned and  
Head removed  
Shrimp and crab stuffing  
(recipe follows)

Instructions:

Saute onion, celery and bell pepper in butter until onions are transparent; add remaining ingredients except fish and stuffing and simmer 20 - 30 minutes Season fish with salt, black pepper and cayenne pepper, then stuff cavity with shrimp and crab stuffing. Place fish in foil lined baking dish and pour tomato mixture over top; close foil over fish tightly and bake at 350 for about 30 to 45 minutes.

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Recipe Name: BARBECUED CATFISH

Cuisine: Fish/shellf  
Category: Fish/shellf  
Preparation: cook  
Temperature:  
Servings: 6

Ingredients:

6 Catfish; 1 lb. each  
1/8 ts Paprika  
1/4 ts Salt  
1/4 ts Pepper  
2 tb Sugar  
1 ts Worcestershire sauce  
1/4 c Vinegar  
1/4 c Catsup  
1/2 c Oil, vegetable

Instructions:

Clean, skin, and fillet fish. Combine remaining ingredients. Baste fish with sauce. Place fish in a well-greased, hinged fish basket. Place on grill about 3 to 4 inches from coals. Cook 7 to 8 minutes on each side or until fish flakes easily, brushing frequently with the sauce.

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Recipe Name: BAYOU CATFISH BALLS

Cuisine: Fish/shellf  
Category: Fish/shellf  
Preparation:  
Temperature:  
Servings: 4

Ingredients:

2 lb Catfish fillets  
1 ts Hot sauce  
Salt (to taste)  
Pepper (to taste)  
3 Eggs (beaten)  
1-1/2 c Cornmeal  
Cooking oil

Instructions:

Rub fish with hot sauce, salt and pepper. Set aside for 1 hour or more. Cut fish into bite-size pieces and dip into eggs. Roll in cornmeal. Fry quickly in deep fat for 2 or 3 minutes, or until golden brown. Drain. Serve hot.

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Recipe Name: BEER CATFISH

Cuisine: Seafood  
Category: Seafood  
Preparation:  
Temperature:  
Servings: 4

Ingredients:  
2 c Self-rising flour  
1 c Beer; (your favorite brand  
Garlic powder; to taste  
Salt and pepper; to taste  
4 3-5 oz. catfish fillets; cut  
Vegetable oil; for frying

Instructions:  
Combine 1 cup flour, beer, garlic salt, salt and pepper in a bowl. Mix well. Dip catfish strips in remaining flour and then in batter. Fry in hot oil in a deep-fryer or skillet until golden brown. Drain on absorbent towels. Serve hot. Serve with your favorite sauce.

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Recipe Name: BLACKENED CATFISH - LOW FAT

Cuisine: Seafood  
Category: Seafood  
Preparation: cook  
Temperature:  
Servings: 4

Ingredients:  
1 ts Paprika  
1/2 ts Each: crumbled dried sage,  
-ground cumin, garlic powder  
-and granulated sugar  
1/2 ts Salt  
1/4 ts Ground red pepper (cayenne)  
1/4 ts Onion powder  
4 ea Farm-raised catfish fillets  
(4 to 5 oz. each)  
x Nonstick cooking spray  
1 ts Olive oil

x Lemon oil

Instructions:

Put paprika, sage, cumin, garlic powder, sugar, salt, red pepper and onion powder in a 1-gallon food-storage bag. Close bag and shake until well blended. Put 1 fillet in bag at a time and shake until lightly coated. Coat large nonstick skillet with cooking spray. Add oil and heat over medium-low heat until hot. Add catfish fillets, skinned side up, and cook 4 to 5 minutes until lightly blackened. Carefully turn with spatula. Some cooks cook 2-4 minutes longer, or until fish feels firm and is opaque at the thickest part. Serve with lemon slices. Serve with herbed rice and a refreshing cucumber salad.

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Recipe Name: Blackened Catfish Fillets

Cuisine: Seafood  
Category: Seafood  
Preparation: cook  
Temperature:  
Servings: 6

Ingredients:

6 ea U.S. farm-raised catfish  
Fillets  
1/2 ts Garlic powder  
1 ts Cayenne pepper  
1 ts Black pepper  
1 ts Salt  
1 tb Crushed dried thyme leaves  
x Stick butter  
1/4 c Dry white wine  
x Juice of one lemon

Instructions:

Wash the catfish fillets and pat dry. Set aside. Combine all the dry ingredients in a small bowl and set aside. Melt the butter in a pan. Add the lemon juice and mix well. Dip the fillets into the butter mixture. Sprinkle the fillets liberally with the spice mixture on both sides, and set aside. When ready to cook, heat a black iron skillet on the stove until hot. Carefully place the fillets in the skillet and cook for about 2 minutes on each side. Keep moving with a spatula to prevent sticking. When the fillets are cooked, remove them from the skillet. Remove the skillet from the burner. Pour the butter mixture into the skillet, quickly adding the wine, and stir. Pour the pan juices over the fillets and serve immediately.

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Recipe Name: BREADED HERBED CATFISH FILLETS



Cuisine: Diet  
Category: Diet  
Preparation: bake  
Temperature:  
Servings: 4

Ingredients:  
1/2 c Fine, dry breadcrumbs  
1/4 c All-purpose flour  
2 ts Chicken-flavored bouillon  
-granules  
1 ts Dried onion flakes  
1 ts Paprika  
1 ts Dried parsley flakes  
1/2 ts Dried whole dillweed  
1/2 ts Dried whole thyme  
1/4 ts Garlic powder  
4 x 14 oz farm-raised Catfish  
-fillets  
Butter-flavored vegetable  
-cooking spray

Instructions:  
Combine first 9 ingredients. Coat fillets with cooking spray; dredge in breadcrumb mixture. Place fillets on a broiler pan coated with cooking spray; bake uncovered at 400 degrees for 20 minutes or until fish flakes easily when tested with a fork. Serve immediately. Serve with "Oven-Fried French Fries", "Oven-Fried Okra", "Oven-Fried Green Tomatoes";

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Recipe Name: BROILED CATFISH STEAKS

Cuisine: Fish  
Category: Fish  
Preparation: broil  
Temperature:  
Servings: 4

Ingredients:  
16 oz Catfish Steaks  
1/4 c No-Salt Added Tomato Sauce  
1/4 c Vinegar  
1-1/2 ts Sugar  
3/4 ts Fresh Dill; minced  
1/8 ts Paprika  
1/4 ts Pepper  
1/2 ts Worcestershire Sauce  
1/2 ts Vegetable Oil  
Vegetable Cooking Spray  
Lemon Slices  
Fresh Dill Sprigs

Instructions:

Rinse steaks under cold, running water; pat dry and set aside. Combine tomato sauce and next 7 ingredients in a small bowl; stir well. Brush half of mixture over 1 side of steaks. Coat rack of a broiler pan with cooking spray. Place steaks on rack; broil 4-5" from heat. Carefully turn fish over; brush with remaining tomato mixture. Broil an additional 6 minutes, or until fish flakes easily when tested with a fork. Garnish with lemon and dill, if desired.

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Recipe Name: Cajun Catfish

Cuisine: Fish/sea  
Category: Fish/sea  
Preparation:  
Temperature:  
Servings: 4

Ingredients:

4 ea Catfish fillets (4 oz. each)  
1 oz Wheat flakes cereal  
1 tb Paprika  
1/4 ts Salt  
1/4 ts Onion powder  
1/4 ts Garlic powder  
1/2 ts Cayenne pepper  
1/2 ts Black pepper  
1/2 ts White pepper  
1/2 ts Thyme  
1 tb Oil

Instructions:

1. Wash the fish fillets and pat dry. 2. In a bowl mix the ground wheat flakes and all the seasonings. Pour the dry mixture onto a piece of foil or wax paper, and dip the fillets into the seasoning, coating both sides. 3. In a heavy cast iron fry pan heat the oil. Fry the fillets for 2 minutes on each side. Lay the fillets on a plate lined with a paper towel, cover with another paper towel, and pat to remove excess oil.

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Recipe Name: CAJUN CATFISH A LA DON\*

Cuisine: Cajun  
Category: Cajun  
Preparation: broil  
Temperature:  
Servings: 8

Ingredients:

8 ea Large catfish filets  
1 c Lime/lemon juice  
-fresh squeezed  
1-1/2 tb Cayenne pepper flakes  
1 ts Basil crushed  
2 ea Garlic cloves finely minced  
1/2 c Chablis wine  
1/4 c Corn or peanut oil  
1/2 ts Dried tarragon  
2 tb Cider vinegar  
2 tb Chopped scallion greens  
2 tb Fresh ground black pepper

Instructions:

Rinse the filets, pat dry, and place flat in a large glass baking pan. Mix all other ingredients together and pour over the filets. Cover and refrigerate for 8-24 hours. Turn every 4-6 hours. You may either broil these in your oven or upon your grill. I prefer them grilled over coals from hickory, oak, & citrus wood. The combination is excel -lent as it presents a subtle enhancement of the fish it self. Origin: Don Houston's kitchen circa 1993

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Recipe Name: CAJUN CATFISH COURTOUILLON

Cuisine: Seafood  
Category: Seafood  
Preparation: cook  
Temperature:  
Servings: 6

Ingredients:

2 md Onions; chopped  
3 Celery; chopped  
1 lg Fresh parsley; wash/drain/ch  
1 lg Green pepper; chopped  
2 Cl Garlic; minced  
5 lb Catfish fillets  
Salt and pepper; to taste  
Red pepper; to taste  
3 tb Vegetable oil  
2 tb All-purpose flour; divided  
1-1/2 c Tomato sauce; divided  
1/4 c Water  
2 Lemon slices  
1 lg Bay leaf  
1/4 ts Thyme leaves

Instructions:

Combine vegetables; divide in half, and set aside. Cut catfish into large pieces; generously sprinkle each piece with salt, pepper, and crushed red pepper. Set aside. Put oil in a large cast iron pot; top with half of fish pieces. Place have of vegetable mixtures over fish; top with 1 tablespoon flour, then 3/4 cup tomato sauce. Repeat layers with remaining fish pieces, vegetables, flour and tomato sauce. Add remaining ingredients. Cover and cook over low heat for one hour or until fish flakes easily when tested with a fork. Shake pot frequently to keep fish from sticking to the bottom (stirring will break up the fish). Add additional seasonings before serving, if desired.

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Recipe Name: CAJUN CATFISH GUMBO

Cuisine: Seafood  
Category: Seafood  
Preparation: cook  
Temperature:  
Servings: 10

Ingredients:

2 c Chopped onions  
2 c Green onions; chopped \*  
1 c Chopped celery  
1/2 c Bell pepper; chopped  
6 Cl Garlic; chopped  
6 7-oz catfish fillets; cut in  
3 7-oz catfish fillets; for st  
1 lb Crab meat; (claw)  
1 lb Shrimp; (peeled)  
1-1/2 c Oil  
1-1/2 c Flour  
4 qt Hot water  
Salt; to taste  
Cayenne pepper; to taste

Instructions:

\* separate and reserve greens. In separate pot, simmer 3 (7 oz.) catfish fillets in 1 quart of lightly salted water for 15 minutes. Strain through cheese cloth and reserve liquid. Chop catfish and reserve meat. In heavy bottom gumbo pot, add oil and flour. Cook over medium high heat stirring constantly until golden brown. Caution, do not scorch! Add all seasonings except green onions tops. Saute for 5 minutes. Add all fish stock and chopped catfish. Add hot water, one ladle at a time, until consistency of thick soup is achieved. Add claw crab meat, and half of shrimp. Reduce to simmer. Cook approximately 45 minutes, stirring occasionally. Add catfish, remaining shrimp and green onions tops. Cook 10-15 minutes. Season to taste using salt and cayenne pepper. Add water if necessary to retain volume. Serve over white rice.

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Recipe Name: CAJUN CATFISH REMOULADE

Cuisine: Fish  
Category: Fish  
Preparation: cook  
Temperature:  
Servings: 8

Ingredients:

1 c Nonfat Mayonnaise  
1/3 c Creole Mustard  
1/3 c Fresh Horseradish  
1 tb Lemon Juice  
1 tb Worcestershire Sauce  
4 dr Tabasco  
1 tb Onion; grated  
8 Catfish Fillets  
1 qt Water  
2 ts Old Bay Seasoning  
2 Bay Leaves  
1/2 ts Cayenne Pepper  
1 Head Butter Lettuce; torn  
-into bite-sized pieces  
2 Beefsteak Tomatoes; cut into  
-wedges  
Parsley

Instructions:

Mix first seven ingredients in a glass jar; cover and refrigerate overnight. Cut catfish fillets into bite-sized pieces. Bring water, Old Bay Seasoning, bay leaves, and cayenne pepper to a gentle simmer and add catfish fillets. Cook until the meat flakes, about 10 minutes. Remove from heat, cover and let the fish cool in the cooking liquid. Refrigerate until serving time. To serve, drain the catfish fillets and place them on a lettuce-lined platter. Place the remoulade sauce in a bowl and nestle it in the center of the serving platter and serve. Garnish with tomato wedges and parsley.

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Recipe Name: CASSEROLE OF CATFISH JEAN LAFITTE

Cuisine: Seafood  
Category: Seafood  
Preparation: cook  
Temperature:  
Servings: 6

Ingredients:

4 5-7 oz. catfish fillets  
1 c Melted butter; or margarine  
1-1/2 c Green onions; chopped  
1/2 c Celery; diced

2 c Fresh mushrooms; sliced  
3/4 c Dry sherry  
1 c Heavy whipping cream  
1/4 c Pimientos; diced  
3/4 c Grated parmesan cheese  
1/2 c Pecans; chopped  
Salt; to taste  
Cayenne pepper; to taste

Instructions:

Preheat oven to 400 F. Season fish fillets with salt and pepper; set aside. In a 12" saute pan, melt butter, when hot add green onions, celery and mushrooms. Saute until wilted, approximately 3 to 5 minutes. Add sherry, blend well into mixture. Place catfish fillets on top of seasonings in saute pan and cook approximately 5 minutes, do not overturn. Remove fillets to 8 by 11" baking pan and keep warm. Add cream to saute pan, blend well. Season to taste using salt and pepper and cook approximately 5 minutes or until mixture is well thickened. Pour sauce over catfish fillets, sprinkle with parmesan cheese and red pimentos and place in oven until cheese is brown and fish is cooked. Approximately 10 minutes. Serve at once. Source: <http://sailorrandr.com/recipes/>

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Recipe Name: CATFISH & CRAWFISH MOLD

Cuisine: Cajun  
Category: Cajun  
Preparation:  
Temperature:  
Servings: 8

Ingredients:

1 c Chopped parsley  
1 c Cream cheese  
1/2 c Dry white wine  
1 x Salt, to taste  
1 tb Lemon juice  
1 lb Catfish meat, cooked  
1 ts Louisiana hot sauce  
1 lb Crawfish meat, cooked  
1 tb Lea & Perrins

Instructions:

Chop catfish and crawfish in food processor. Add wine, parsley, lemon juice, and salt. Mix real well. Add hot sauce and Lea & Perrins Worcestershire sauce. Mix well. Add cream cheese. Mix well. Refrigerate overnight in a mold. Serve with crackers or on a bed of lettuce. You can use shrimp if crawfish aren't available. Source: <http://www.sailorrandr.com/recipes/>

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Recipe Name: CATFISH & CRAWFISH MOLD (RBTN28A)

Cuisine: Salads  
Category: Salads  
Preparation:  
Temperature:  
Servings: 8

Ingredients:  
1 c Chopped parsley  
1/2 c Dry white wine  
1 tb Lemon juice  
1 ts Louisiana hot sauce  
1 tb Lea & Perrins Worcestershire  
1 c Cream cheese  
Salt, to taste  
1 lb Catfish meat, cooked  
1 lb Crawfish meat, cooked

Instructions:  
Chop catfish and crawfish in food processor. Add wine, parsley, lemon juice, and salt. Mix real well. Add hot sauce and Lea & Perrins Worcestershire sauce. Mix well. Add cream cheese. Mix well. Refrigerate overnight in a mold. Serve with crackers or on a bed of lettuce. You can use shrimp if crawfish aren't available.

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Recipe Name: Catfish and Crawfish Mold

Cuisine: Cajun  
Category: Cajun  
Preparation: cook  
Temperature:  
Servings: 8

Ingredients:  
1 c Chopped parsley  
1 c Cream cheese  
1/2 c Dry white wine  
1 x Salt, to taste  
1 tb Lemon juice  
1 lb Catfish meat, cooked  
1 ts Louisiana hot sauce  
1 lb Crawfish meat, cooked  
1 tb Lea & Perrins

Instructions:

Chop catfish and crawfish in food processor. Add wine, parsley, lemon juice, and salt. Mix real well. Add hot sauce and Lea & Perrins Worcestershire sauce. Mix well. Add cream cheese. Mix well. Refrigerate overnight in a mold. Serve with crackers or on a bed of lettuce. You can use shrimp if crawfish aren't available. From Justin Wilson's "Outdoor Cooking With Inside Help"

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Recipe Name: CATFISH BAKED WITH CHEESE

Cuisine: Fish/sea  
Category: Fish/sea  
Preparation: bake  
Temperature:  
Servings: 6

Ingredients:  
6 Catfish Fillets (about 2 lb)  
1/4 c Flour  
Black pepper to taste  
1 Egg, lightly beaten  
8 tb Butter, melted  
1/2 c Fresh grated Parmesan  
Cheese  
Salt to taste  
1 ts Paprika  
1 tb Milk  
1/4 c Sliced almonds

Instructions:

1. Preheat oven to 350 deg. 2. Wipe the catfish dry. 3. Blend together the cheese, flour, salt, pepper, and paprika. 4. Combine the egg and milk in a flat dish. 5. Dip the fillets in the egg mixture, and then coat with the cheese mixture. Arrange the fillets in one layer in a baking dish, and pour the butter over all. Sprinkle with the almonds. 6. Place in oven and bake for 20 minutes

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Recipe Name: Catfish Baked with Cheese

Cuisine: Fish/sea  
Category: Fish/sea  
Preparation: bake  
Temperature:  
Servings: 6

Ingredients:  
6 Catfish Fillets (about 2 lb)  
1/4 c Flour  
Black pepper to taste



1 Egg, lightly beaten  
8 tb Butter, melted  
1/2 c Fresh grated Parmesan  
Cheese  
Salt to taste  
1 ts Paprika  
1 tb Milk

Instructions:

1/4 c Sliced almonds 1. Preheat oven to 350 deg. 2. Wipe the catfish dry 3. Blend together the cheese, flour, salt, pepper, and paprika 4. Combine the egg and milk in a flat dish 5. Dip the fillets in the egg mixture, and then coat with the cheese mixture. Arrange the fillets in one layer in a baking dish, and pour the butter over all. Sprinkle with the almonds. 6. Place in oven and bake for 20 minutes From Craig Claiborne's "Southern Cooking"

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Recipe Name: CATFISH BARRIOS

Cuisine: Fish  
Category: Fish  
Preparation: cook  
Temperature:  
Servings: 1

Ingredients:

6 Fresh mushrooms  
1 sm Onion  
4 Stalks celery  
1 Block butter  
2 lb Catfish  
Salt, Pepper, Parsley flakes  
1 tb Flour  
1 c White cooking wine

Instructions:

Slice mushrooms, onions and celery paper thin. Place butter in deep frying pan and melt. Add mushrooms, onions and celery. Cook on low fire until tender. Add flour and wine to make gravy. Add salt and pepper to taste. When gravy begins to bubble, add fish which has been salted and peppered. Cook until fish is firm. Serve with fresh hot French bread and ice cold beer. Source:  
<http://www.sailorrandr.com/recipes/>

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Recipe Name: Catfish Bienville

Cuisine: Creole

Category: Creole  
Preparation: bake  
Temperature:  
Servings: 8

Ingredients:  
2 lb Catfish fillets(4-5oz ea)  
1 tb Butter or margarine,melted  
1 tb Lemon juice  
1 ts Salt  
1/8 ts White pepper  
Parsley sprigs(opt)  
Cherry tomatoes(opt)

Instructions:

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Recipe Name: CATFISH CAKES

Cuisine: Seafood  
Category: Seafood  
Preparation: cook  
Temperature:  
Servings: 4

Ingredients:  
2 lb Catfish fillets; (poached)  
2 tb Mayonnaise  
2 Beaten  
Salt and pepper; to taste  
Worcestershire sauce; to taste  
Fresh bread crumbs  
8 tb Butter; (to 12 tbsp.)

Instructions:

Drain poached fillets well, pat dry and flake. Mix catfish fillets, mayonnaise, egg, salt, pepper, and Worcestershire sauce. Form into cakes. (The smaller you make the cakes, the better they hold together.) Dip both sides of each cake in bread crumbs. Melt butter in a skillet. Cook catfish cakes in butter over moderate heat until heated through and lightly browned. Source:  
<http://www.SailorRandR.com/recipes/>

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\*\*Exported from Cookbook Wizard Recipe Software\*\*v2.0

Recipe Name: CATFISH CARIBBEAN

Cuisine: Seafood

Category: Seafood  
Preparation: bake  
Temperature:  
Servings: 4

Ingredients:  
2 tb Margarine; low-fat  
1/4 c Green pepper; chopped  
4 tb Chopped onion  
1/4 c Toasted almonds; chopped (op  
1/2 c Fresh bread crumbs  
1/4 ts Oregano  
4 tb Fresh lime juice  
1 tb Chopped coriander; (or parsl  
1/2 ts Salt  
4 Catfish fillets  
2 c Water  
2 Cl Garlic; crushed  
1 Bay leaf  
1 ts Red pepper flakes  
Lime peel

Instructions:

Melt margarine in skillet. Add green pepper and 2 tablespoons onion. Saute until onion is transparent. add almonds, bread crumbs, oregano, one tablespoon lime juice, coriander and salt; mix well. Spoon filling down center of each catfish fillet. Roll up and secure with toothpicks. In shallow baking pan, combine remaining 2 tablespoons onion, water, garlic, bay leaf, red pepper and remaining 3 tablespoons lime juice. Place catfish in pan. Bake 400 F. oven for 30-35 minutes, basting occasionally until catfish flakes easily. Remove catfish to serving platter. Garnish with strips of lime peel. Source:  
<http://www.SailorRandR.com/>

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Recipe Name: CATFISH CHILI

Cuisine: Fish  
Category: Fish  
Preparation: simmer  
Temperature:  
Servings: 4

Ingredients:  
2 lb Catfish fillets, chunked  
2 tb Butter  
1-1/2 ts Salt  
1 lb Can tomatoes, undrained  
1 c Chopped green pepper  
2 Cloves minced garlic  
1 lb Red kidney beans  
6 oz Tomato paste

Instructions:

Saute green pepper and garlic in butter until tender. Add seasonings. Mix well. Add beans and tomatoes. Cover and simmer 15 minutes. Add fish. Cover and simmer 15 more minutes until fish flakes easily.

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Recipe Name: CATFISH CHOWDER

Cuisine: Fish  
Category: Fish  
Preparation: cook  
Temperature:  
Servings: 6

Ingredients:

1 lb Catfish fillets, cut into  
-chunks  
2 sl Bacon, chopped  
1 c Chopped onion  
1 cn Sliced potatoes, drained  
1 cn Cooking tomatoes, chopped  
2 c Water  
1 cn Corn, drained  
1/4 ts Tarragon  
1/2 ts Celery salt  
2 ts Parsley flakes  
1/2 ts Oregano  
1/4 ts Salt  
Pepper to taste  
1 ts Seafood seasoning  
2 ts Thyme

Instructions:

In a large pot, fry bacon until crisp. Add onion and cook until tender. Add potatoes, tomatoes, and 2 cups water. Cover; simmer until potatoes are tender. Add corn and seasonings. Cook slowly and adjust seasonings, if necessary. Add the catfish 5 to 10 minutes before serving and simmer.

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Recipe Name: CATFISH COURTOUILLON

Cuisine: Fish  
Category: Fish  
Preparation: cook  
Temperature:  
Servings: 4

Ingredients:

2 lg Catfish fillets  
-(or any firm fish)  
1 c Onions, chopped fine  
1/2 c Celery, chopped fine  
2 Garlic cloves, minced  
1/3 c Butter  
1/3 c Flour  
1 ts Salt  
1/2 ts Black pepper  
1/4 ts Cayenne pepper (or more,  
-for real Cajun flavor)  
3 lg Tomatoes, peeled and  
-quartered (or use about  
-a 1 lb can of tomatoes)  
3 c Water  
2 c Rice (cooked), hot

Instructions:

In a deep skillet or dutch oven mix the butter and flour together over low heat to form a roux (a thick, smooth, bubbly mixture). Add the onions, celery and garlic and saute until tender. Add the tomatoes, salt, pepper, cayenne and water. Simmer covered for 20-30 minutes. Add fillets and cook until tender and flaky, 15-20 minutes. Serve on a bed of rice. Source:  
<http://www.SailorRandR.com/recipes/>

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\*\*Exported from Cookbook Wizard Recipe Software\*\*v2.0

Recipe Name: CATFISH CREOLE

Cuisine: Fish  
Category: Fish  
Preparation: stir  
Temperature:  
Servings: 1

Ingredients:

1 lb Catfish fillets  
1/4 c Flour  
1 c Celery, sliced  
1/2 c Bell pepper, chopped  
1 lb Tomatoes, cut small, can  
1-1/2 t Salt  
1/2 t Thyme  
1 T Brown sugar, lemon juice  
1/4 c Parsley, chopped  
2 ea Tabasco, dashes  
1/3 c Oil  
1/2 c Water  
1/2 c Shallots, chopped  
2 ea Garlic clove, crushed  
8 oz Tomato sauce  
2 ea Bay leaves

1/4 t Pepper  
1 T Lemon juice  
1 t Worcestershire sauce  
1 x Rice, hot, cooked

Instructions:

Cut fillets into 1-in pieces. Heat oil in large pan. Add flour, stirring until brown. Remove from heat and add water slowly, stirring til blended. Add all ingredients except catfish and rice. Cover and simmer for 20 minutes or until vegetables are tender. Remove bay leaves, add catfish and simmer 8 - 10 min. more until fish flakes to the fork. Serve over rice in soup bowls. Possibly better to wilt all fresh vegetables before adding to pan. Source:  
<http://www.SailorRandR.com/recipes/>

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Recipe Name: CATFISH CURRY WITH TOMATO & CILANTRO

Cuisine: Burmese  
Category: Burmese  
Preparation: simmer  
Temperature:  
Servings: 4

Ingredients:

1 3 lb catfish  
1/2 ts Tumeric  
1/2 ts Salt  
1/4 c Veg oil  
1 Yellow onion, chopped  
3 cl Minced garlic  
1 c Tomato, chopped  
8 Sprigs of Cilantro

Instructions:

Clean, behead, cut off fins, remove slime from skin with a vegetable brush, but don't skin the catfish. Cut into 1" steaks and rub pieces with tumeric and salt. Let stand 30 min. Heat oil in large, deep frying pan on med. Add onion, garlic, paprika and tomato and sautee 5 min. Add water, cover, simmer 20 min. Lay fish steaks in pan, spoon the pan juices over the fish , cover and simmer 10 min. Sprinkle with cilantro and let stand off heat covered for 15 min. Source:  
<http://www.SailorRandR.com/recipes/>

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Recipe Name: CATFISH EN PAPILOTTE

Cuisine: Seafood  
Category: Seafood

Preparation: bake  
Temperature:  
Servings: 4

Ingredients:

3 tb Dry sherry  
1 tb Soy sauce  
2 tb Scallions; chopped  
1 Cl Garlic; minced  
1/4 ts Ground ginger  
4 Catfish fillets; cut in 2-in  
1 Red pepper; cut julienne  
2 oz Ham; thinly sliced  
- cut julienne  
8 Lemon slices

Instructions:

Combine first 6 ingredients in a bowl. Cut 4 (12 x 12 inch) square pieces of parchment paper. Fold each to form a triangle; open. Divide catfish among four papers. Top with red peppers, ham and 2 slices of lemon per packet. Spoon sauce over mixture. Close each packet to form a triangle; crimp edges to seal tightly. Arrange 2 packets on a microwave-safe plate. Microwave on High 6 minutes. Let stand 1 minute. Repeat with remaining 2 packets. Arrange packets on serving plates; open carefully at table. Serve immediately. In a conventional oven: preheat oven to 450 F. Place crimped packets on baking sheet; bake for 10-12 minutes. Source: <http://www.SailorRandR.com/recipes/>

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Recipe Name: CATFISH FLORENTINE - NEW ORLEANS

Cuisine: Fish  
Category: Fish  
Preparation: simmer  
Temperature:  
Servings: 4

Ingredients:

STEP 1  
1 lb Catfish fillets  
1 c Buttermilk  
1 tb Tabasco sauce  
STEP 2  
1/2 c Cornmeal, white -- or  
Yellow  
1/2 c Flour  
1 ts Cajun seasoning --  
Commercially blended  
1/4 c Vegetable oil  
STEP 3  
1 md Onion -- finely diced  
1/4 c Olive oil  
1 c Chopped spinach

2 tb Fresh lemon juice  
ds Worcestershire sauce  
ds Freshly ground black pepper  
1 ts Minced garlic  
1/4 c White wine

Instructions:

[1] Marinate catfish in buttermilk and tabasco sauce for 1 hour (in refrigerator). [2] Dredge fish in mixture of cornmeal, flour and cajun spice blend. Let rest about 5 minutes. Fry fish in oil for 2 to 3 minutes per side. Set aside and keep warm. [3] For the sauce, saute onion in olive oil until soft; add fresh chopped spinach, lemon juice, worcestershire sauce, black pepper, grlic, and wine. Cover and simmer 2 to 3 minutes. Serve over fish fillets. Source: <http://www.SailorRandR.com/recipes/>

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Recipe Name: CATFISH FRANGELICO

Cuisine: Seafood  
Category: Seafood  
Preparation: boil  
Temperature:  
Servings: 4

Ingredients:

4 5-8 oz. catfish fillets  
3 oz Cooking oil; to saute  
2 c Flour  
1 c Pecan halves  
1 oz Frangelico liquor  
1 oz White wine  
1 ts Lemon juice  
2 c Heavy cream  
Salt; to taste  
Cayenne pepper; to taste  
1/2 Butter  
2 Eggs  
1/2 c Milk

Instructions:

Place saute pan on medium high heat and add cooking oil. Dip catfish fillets in egg wash and then into white flour. Saute in hot oil until nicely browned (3-5 min.) Reserve fillets to warm pan for holding. Saute pecans in remaining oil for about 1 minute. Deglaze pan with Frangelico liquor. Add white wine and lemon. Bring to a boil. Add cream and return to a boil, reduce this by half, season to taste with salt and cayenne pepper. Add butter and swirl pan slowly over burner until all butter is incorporated. Do not boil after adding butter. Place 1 catfish fillet on each of four plates and spoon 1/4 of sauce over each fillet.

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Recipe Name: CATFISH IN BEER

Cuisine: Seafood  
Category: Seafood  
Preparation:  
Temperature:  
Servings: 1

Ingredients:

3 T Butter or margarine  
3 ea Green onions, chopped  
1/3 c Flour  
3 oz Beer, light  
1 x Worcestershire sauce  
5 ea Garlic clove, chopped  
2 ea Catfish fillets, large  
4 ea Mushrooms, large, sliced  
1/2 ea Lemon  
1 x Rice, white

Instructions:

Brown finely-chopped garlic and onion in butter, sizzling hot. Lightly flour catfish, add to pan with mushrooms. Pour in beer and treat fillets with juice of half a lemon. Add a couple of drops of Worcestershire. Saute over medium heat, turning, until brown on both sides. Serve on hot plates with rice. Use pan-gravy over the rice.

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Recipe Name: CATFISH IN OYSTER ANDOUILLE BUTTER

Cuisine: Seafood  
Category: Seafood  
Preparation: cook  
Temperature:  
Servings: 6

Ingredients:

6 ea 5-8 oz catfish fillets  
3/4 c Vegetable oil  
1 c Eggwash (1 egg, 1/2 cup  
-water, 1/2 cup milk)  
1/2 c Unseasoned flour  
1/4 c Julienned andouille sausage  
1 ts Garlic  
1/2 c Sliced mushrooms  
1/2 c Chopped green onions  
24 ea Fresh shucked oysters  
1/2 c Dry white wine  
1-1/2 c Heavy whipping cream

x Salt and white pepper to taste  
4 sl Cold butter

Instructions:

In a ten inch heavy bottom saute pan, heat oil over medium high heat. Blend eggwash to ensure that egg, milk and water are well mixed. Dip catfish fillets into eggwash and then into flour, coating evenly on all sides. Saute fish, three fillets at a time, until golden brown, approximately three to five minutes on each side. Once cooked, remove and keep warm. In the same saute pan, add andouille, garlic, mushrooms and green onions and saute until vegetables are wilted, approximately three to five minutes. Add oysters and saute until their edges are curly. Deglaze with white wine, add heavy whipping cream and cook until sauce is slightly thickened. Season to taste using salt and white pepper. Once sauce has thickened, swirl in butter chips, two at a time, until all is incorporated. The butter will finish the sauce to a nice sheen. Place two to three ounces of oyster butter in the center of a serving plate and top with catfish fillet. Garnish with four cooked oysters per serving. Source:  
<http://www.SailorRandR.com/recipes/>

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Recipe Name: CATFISH IN PICANTE SAUCE

Cuisine: Fish  
Category: Fish  
Preparation: simmer  
Temperature:  
Servings: 4

Ingredients:  
4 ea Medium to large Catfish  
-filets  
3 c Pace Picante Sauce  
2 c Cooked rice

Instructions:

Place the catfish filets in a large skillet. Pour Picante Sauce over the filets. Simmer on low flame for about 20-30 minutes. Source:  
<http://www.SailorRandR.com/recipes/>

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Recipe Name: CATFISH IN RED CURRY SAUCE

Cuisine: Fish  
Category: Fish  
Preparation: boil  
Temperature:  
Servings: 4

Ingredients:

2 tb Red curry paste  
4 tb Peanut oil  
2 c Coconut milk  
1/2 ts Salt  
1 ts Sugar  
3 tb Fish sauce  
2 lb Dressed catfish cut in Steaks  
1 tb Substitute Italian basil  
1 ea 3 fresh hot chilies chopped

Instructions:

Heat the curry paste in oil, stirring for about 2 minutes over med heat. Add 1/4 cup of coconut milk and the fish sauce and simmer slowly for another 2 minutes. Add the salt, sugar and the rest of the coconut milk. Bring to a boil and, as soon as the sauce boils, add the fish. DO NOT STIR THE FISH UNTIL THE SAUCE RETURNS TO A BOIL. Chai says that if you disturb the fish before the sauce boils it will acquire a strong aroma. Simmer the fish until done, about 5 minutes. Let the dish sit for at least 15 minutes (or even as long as overnight in the refrigerator) so the curry flavor permeates the fish. Reheat, without boiling, and just before serving add the basil leaves and chilies. Serve over rice. RED CURRY PASTE ~~~~~ 5 dried red chilies, seeded, soaked in warm water and drained salt and freshly ground pepper to taste 2 tsp ground caraway seeds 2 tsp ground coriander seeds 1 tsp coriander root (Cilantro root) 2 tsp finely chopped fresh lemon grass or 1 tsp dried 1 tsp finely chopped Laos root (galangal) 1 Tbs chopped shallots 1/2 tsp shrimp paste

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Recipe Name: CATFISH MAITRE D

Cuisine: Seafood  
Category: Seafood  
Preparation: bake  
Temperature:  
Servings: 4

Ingredients:

4 8-oz. catfish fillets  
x Salt and pepper; to taste  
1/2 c Flour  
1/4 c Vegetable oil  
1/4 lb Butter; melted  
2 tb Lemon juice  
1 tb Parsley; chopped

Instructions:

Season catfish fillets with salt and pepper; dredge in flour. Lightly brown on both sides in skillet with melted shortening. Remove from skillet and place in oven dish. Bake in 350 F. oven for 10 minutes. Meanwhile, have ready in small

pot, butter and lemon juice. Remove fish from oven and place on serving platter. Bring lemon and butter mixture to a boil and stir. Add salt and pepper, to taste. Pour over the fillets and garnish with sliced lemon and curly leaf parsley.

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Recipe Name: CATFISH MEXICAN STYLE

Cuisine: Seafood  
Category: Seafood  
Preparation: microwave  
Temperature:  
Servings: 1

Ingredients:  
4 Catfish fillets  
16 oz Picante sauce  
6 Monterey jack cheese grated

Instructions:

Place 4 catfish fillets in a microwave dish. Cover leaving a vent. Microwave on high for 10 minutes rotating dish occasionally. Uncover and sprinkle with grated cheese. Microwave uncovered for 30 seconds or until cheese is melted. Source: <http://www.SailorRandR.com/recipes/>

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Recipe Name: CATFISH MULATE S CRAWFISH ETOUFFEE

Cuisine: Seafood  
Category: Seafood  
Preparation: broil  
Temperature:  
Servings: 1

Ingredients:  
Crawfish Etouffee:  
1 lb Crawfish tails -- peeled  
1-1/4 c Dry onions, diced  
1/4 c Celery, diced  
1/2 c Green bell pepper  
-chopped  
2 oz Margarine  
1/4 ts Salt  
1/4 tb Cayenne pepper  
1 c Fresh parsley, chopped  
1 c Green onion tops, chopped  
Broiled Catfish:  
12 Catfish filets (2-3 oz ea.)

3 tb Cayenne pepper  
1 tb Salt  
2 c All-purpose flour  
8 oz Margarine  
2 c Green onion tops, chopped

Instructions:

In a medium skillet, melt margarine, add onion, celery and bell pepper. Cook for approximately 20 minutes. Season crawfish with salt and cayenne pepper; add to skillet mixture, stirring well. Cook for 10 minutes then add parsley and onion tops. Keep Etouffee warm until needed to serve over catfish. Broiled Catfish: Use small sheet pan to lay out filets. Sprinkle both sides with seasonings. Dust each side of filets with flour. Heat flat-top grill or skillet to 375 . Pour melted margarine on grill or in skillet. Allow to heat, then add catfish. Cook for 4 minutes on each side. Remove catfish from skillet, top each Filet with 4 ounces Mulate's Crawfish Etouffee. Sprinkle top with green onions. Note: Crawfish Etouffee may also be served over white rice. Shrimp can be used in place of crawfish and the catfish can be substituted with any fresh water fish. Source: <http://www.SailorRandR.com/recipes/>

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Recipe Name: CATFISH PARMESAN

Cuisine: Main dish  
Category: Main dish  
Preparation: bake  
Temperature:  
Servings: 6

Ingredients:

6 Pan-dressed whole catfish or  
Catfishfillets  
2 c Dry breadcrumbs  
3/4 c Grated Parmesan cheese  
1/4 c Parsley, chopped  
1 ts Paprika  
1/2 ts Oregano  
1/4 ts Basil  
2 ts Salt or to taste  
1/2 ts Pepper  
3/4 c Margarine or cooking oil  
Lemon wedges

Instructions:

Combine bread crumbs, Parmesan cheese, parsley, paprika, oregano, basil, salt and pepper. Dip Catfish in melted butter or oil and roll in crumb mixture. Arrange in well-greased 14 by 9 by 2" baking dish. Bake in preheated 375 F. oven for 25 min. or until fish flakes easily. Cooking time will be less if using fillets. Garnish with lemon wedges.

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Recipe Name: Catfish Paul

Cuisine: Catfish  
Category: Catfish  
Preparation: bake  
Temperature:  
Servings: 6

Ingredients:

x White wine or water  
For blanching  
6 lg Catfish fillets  
2 ts Vegetable oil  
1/2 c Chopped celery  
1/2 c Chopped yellow onion  
2 tb Chopped jalapeno pepper  
2 tb Minced garlic  
3 tb Cajun seasoning  
1 c Marsala wine  
1/2 c Heavy cream  
1/2 c Bread crumbs  
1/2 c Grated Parmesan cheese  
3 ea 17-1/4 oz package frozen  
Puff pastry, thawed (see  
Note)  
1 ea Egg, beaten  
1 c Butter  
1/2 ea Bunch basil, fresh, chopped  
x Salt  
x Freshly ground black pepper

Instructions:

Heat a skillet half full of wine or water over medium heat until simmering. Add catfish fillets to skillet, two at a time, and blanch for 2 minutes. Carefully lift fillets with a slotted spatula and place in a pan large enough to hold them in a single layer. Refrigerate for 30 minutes to cool. Heat oil in a large skillet over medium heat. Add celery, onion, jalapeno pepper and garlic and saute until onion is translucent, about 5 minutes. Add Cajun seasoning and cook for 2 minutes. Pour Marsala wine into pan and simmer for 3 minutes. Add 1/4 cup of the cream and cook for 3 minutes. Add bread crumbs and cheese and cook until thickened. Refrigerate for 20 minutes to cool. Preheat oven to 350 degrees. On a lightly floured surface, unfold one of the puff pastry sheets. Cut the square of pastry in half to form two rectangles. Place a fillet in the center of one of the pastry rectangles and spread 4 tablespoons of the vegetable mixture over the fillet. Brush pastry around fillet with beaten egg and place the other rectangle of pastry on top to cover the fillet, pressing sheets of pastry together firmly around the fillet. Brush top sheet of pastry with egg. Using a small, sharp knife, trim excess pastry away from fillet into the shape of a fish. Score a fish scale pattern lightly onto pasty with tip of knife if desired. Place on baking sheet. Repeat with remaining fillets and sheets of pastry. Bake catfish pastries for about 20 to 25 minutes or until golden brown and crisp. While catfish pastries are cooking, prepare the sauce. Place

butter, remaining 1/4 cup cream and the basil in a medium saucepan and bring to a boil. Reduce the heat and simmer for 5 minutes. Season with salt and pepper to taste. Spoon some sauce onto each serving plate and top with the catfish pastries. Note: Six sheets of puff pastry are needed for the recipe. If preparing the recipe with homemade puff pastry or purchasing it in another quantity, roll pastry out on a lightly floured surface until 1/8-inch thick and cut into six 9 1/2 x 9 1/2 - inch squares.

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Recipe Name: CATFISH STEW

Cuisine: Catfish  
Category: Catfish  
Preparation: boil  
Temperature:  
Servings: 6

Ingredients:

3 ea Slices smoked bacon  
1 md Onion, chopped  
2 ea Shallots, finely chopped  
1 lg Clove garlic, finely chopped  
1/2 ts Dried thyme, diced (large)  
1 ea Bay leafred pepper flakes  
1 ts Salt  
1/2 ts Freshly ground black pepper  
4-1/2 c Water  
1 lg Ripe tomato, peeled, seeded and chopped into 1/2" chunks  
1/2 c Thinly sliced carrots  
1 c Small new potatoes, scrubbed and halved  
3 lb Catfish fillets, cut into 2 - 3 inch pieces  
2 tb Finely chopped fresh parsley  
3 ea Green onions, thinly sliced  
x Chopped parsley and lemon wedges for garnish

Instructions:

Cook bacon in a large saucepan until crisp. Drain on paper towels and set aside. Drain off all but 4 tablespoons of bacon fat from the pan. Add onion and shallots and saute over medium-low heat until translucent. Add garlic, thyme, bay leaf, salt and pepper and cook for 2 minutes. Add water and bring to a boil. Adjust heat to keep stew at a simmer and cook, partially covered, for 45 minutes, stirring occasionally. Add tomatoes, carrots and potatoes and cook until tender. Add catfish pieces, parsley and green onions and cook, stirring gently, until fish flakes easily when test with a fork. Crumple bacon and stir into the stew. Taste and adjust seasoning. Serve garnished with chopped parsley and lemon wedges. Source: <http://www.SailorRandR.com/recipes/>

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Recipe Name: Catfish Stew

Cuisine: Fish/sea  
Category: Fish/sea  
Preparation: boil  
Temperature:  
Servings: 8

Ingredients:

1/2 lb BACON, DICED  
2 CLOVE GARLIC, MINCED  
2 ONIONS, DICED (LARGE)  
1 GREEN PEPPER, DICED (LARGE)  
1 RED PEPPER, DICED (LARGE)  
CRUSHED RED PEPPER FLAKES  
8 oz OKRA, SLICED  
6 oz TOMATO PASTE  
2 lb CATFISH, CUBED  
Salt  
Pepper  
2-1/2 c DICED, CANNED TOMATOES  
3 c FISH STOCK

Instructions:

In a heavy bottomed soup pot, saute the bacon. As soon as it starts to brown add the onion and diced green & red pepper. Cook for about 5 min more. Add the diced tomatoes. Cook 5 min. more. Add the okra and the fish stock bring to a boil and reduce to a simmer. Cook till soup starts to thicken (tomato paste can be added at this point if desired). Add the cubed catfish and simmer till fish is done. Season w/salt & pepper. Pass the crushed red pepper flakes. NOTE: to spice up the soup add tabasco, grn. red pepper. Can also add crab, shrimp, oysters, chicken. Went out fishing the other day and caught a few catfish too small to keep but this recipe came to mind. Its real good when made spicy and served with COLD beer. Source: <http://www.SailorRandR.com/recipes/>

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Recipe Name: CATFISH WITH DIJON SAUCE

Cuisine: Seafood  
Category: Seafood  
Preparation: broil  
Temperature:  
Servings: 4

Ingredients:

4 Catfish fillets; thawed  
3 tb Melted butter; or margarine  
1 ts Worcestershire sauce  
1 ts Lemon pepper  
1/2 c Sour cream  
1 tb Dijon mustard  
1 ts Worcestershire sauce



Lemon twists

Instructions:

Rinse fillets and blot dry. Combine butter, Worcestershire Sauce, and Lemon Pepper; mix. Brush both sides of fillets with butter mixture and place on a sheet of heavy-duty foil or in a well-greased hinged fish basket. Grill over medium-hot coals for 5-8 minutes; turn fillets and grill another 5-8 minutes or until fish flakes easily when tested with a fork. Combine sour cream, Dijon Mustard, and Worcestershire Sauce. Heat 45 seconds in microwave or until warm. Serve 2 tablespoons sauce over each catfish fillet and garnish with lemon twists. Oven Method: Broil 6-inches from heat for 10-12 minutes or until fish flakes easily when tested with a fork; turning once.

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Recipe Name: CATFISH WITH SPICY ORANGE SAUCE

Cuisine: Fish  
Category: Fish  
Preparation: boil  
Temperature:  
Servings: 4

Ingredients:

1/2 c Orange juice  
1 tb Hoisin sauce  
2 tb Soy sauce  
1/4 c Sherry  
1 ts Grated fresh ginger  
2 Green onions, chopped  
1 lb Catfish fillets

Instructions:

In a small bowl or measuring cup, combine the orange juice, hoisin sauce, soy sauce, sherry and ginger. Mix well. Add the onions. Spray a large, non-stick skillet with vegetable oil spray. Heat over high heat until hot. Add the fish fillets and cook for 1 minute on each side. Add sauce and boil 1 minute. Turn fillets and boil 2 minutes longer. Remove fish to a serving platter. Boil sauce 1 minute longer, until it is reduced and slightly thickened. Pour over fish.

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Recipe Name: CHEESE-BROILED CATFISH

Cuisine: Wildgame  
Category: Wildgame  
Preparation: broil  
Temperature:  
Servings: 1

Ingredients:

1/4 c Bread crumbs, soft  
1/4 c Parmesan cheese, grated  
1/2 ts Paprika  
1/4 ts Curry powder  
1/2 ts Salt  
Pepper, dash  
1 lb Catfish fillets  
4 tb Butter, melted

Instructions:

Preheat broiler and broiling pan. Combine breadcrumbs, cheese and seasonings. Spread mixture evenly over each fillet. Generously grease hot broiling pan and place fillets on it. Drizzle 2 Tbsp melted butter over fillets; set pan 3 in. from heat and broil for 3 minutes. Baste with remaining butter and broil for 3 min. more. Remove to a hot serving platter.

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Recipe Name: Chili Skillet Catfish

Cuisine: Catfish  
Category: Catfish  
Preparation: boil  
Temperature:  
Servings: 2

Ingredients:

1 lb Catfish fillets  
1 md Onion, thinly sliced  
2 tb Olive or vegetable oil  
1/2 ts Salt  
1/4 ts Pepper, coarsely ground  
2 ea Can (4-oz) chopped green  
Chilies, drained  
10 ea Pimento-stuffed green olives  
1/4 c Dry white wine  
1 tb Lemon juice  
x Lemon wedges

Instructions:

Place onion in oil in a 10 inch skillet. Place fish on onion; sprinkle with salt and pepper. Spoon chilies on fish; top with olives. Mix wine and lemon juice; pour over fish. Heat to boiling; reduce heat. Cover and simmer until fish flakes easily with fork, about 10 minutes. Serve with lemon wedges.

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Recipe Name: CORNMEAL-COATED CATFISH

Cuisine: Fish  
Category: Fish  
Preparation: cook  
Temperature:  
Servings: 4

Ingredients:

1/3 c Yellow cornmeal  
1/4 c Parmesan cheese,grated  
1 T All-purpose flour  
1 t Dried leaf basil,crumbled  
1 t Salt  
1/8 t Ground red hot pepper  
1 Egg  
4 Catfish fillets (4 oz ea)  
1 T Vegetable oil

Instructions:

1. Combine cornmeal, cheese, flour, basil, salt and red pepper in shallow dish. Beat egg in small bowl. Dip fillets in egg, then dredge in cornmeal mixture. 2. Heat oil in large nonstick skillet over medium heat. Working in batches if necessary, place fish in skillet; cook 4 minutes on each side until cooked through.

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Recipe Name: CORNMEAL-CRUSTED CATFISH ON MIXED GREENS

Cuisine: Scanned  
Category: Scanned  
Preparation: cook  
Temperature:  
Servings: 2

Ingredients:

1/4 c Yellow cornmeal  
10 To 12 ounces catfish fillets, cut into 1-inch pieces  
2-1/2 tb Vegetable oil  
2 tb Fresh lemon juice  
1-1/2 ts Honey  
1-1/2 ts Dijon mustard  
1/2 ts Grated lemon peel  
3 c Mixed lettuces or mesclun  
1/4 c Thinly sliced sweet onion (such as Vidalia) or red onion

Instructions:

Among the dishes at the Meeting Street Grill in Westport, Connecticut, are contemporary interpretations of traditional southern food. The catfish on their menu inspired this recipe. Serve steamed sugar snap peas and french-fried shoestring potatoes to accompany the fish, then wrap things up with a purchased

pecan pie. Place cornmeal in large bowl. Season with salt and pepper. Rinse catfish under cold water and shake off excess (do not pat dry). Toss fish in cornmeal mixture until well coated. Heat 2 tablespoons oil in large nonstick skillet over medium-high heat. Add catfish and cook until golden brown and cooked through, turning occasionally, about 6 minutes. Transfer to paper towels and drain. Add 1/2 tablespoon oil, lemon juice, honey, mustard and lemon peel to skillet and whisk until combined, about 30 seconds. Remove from heat. Combine lettuces and onion in bowl. Add warm dressing and toss. Divide between 2 plates. Top with fish. Source: <http://www.SailorRandR.com/recipes/>

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Recipe Name: DEEP-FRIED CATFISH

Cuisine: Fish  
Category: Fish  
Preparation: stir  
Temperature:  
Servings: 1

Ingredients:  
2 lb Catfish  
1 t Salt  
2 ea Eggs, lightly beaten  
1 c All-purpose flour  
1/8 t Pepper  
1 c Dry bread crumbs

Instructions:

Heat oil to 375 degrees in deep fryer. Stir together flour, salt and pepper. Coat fish with the mixture; dip into eggs, then coat with the bread crumbs. Fry each piece for about 4 minutes or until golden brown. VARIATION: Prepare thin batter by mixing 1 cup all-purpose flour, 1 tsp baking powder, 1/2 tsp salt, 1 cup milk and beat till smooth. Coat fish with flour mixture then dip into batter mixture.

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Recipe Name: DEEP-FRIED CATFISH FILLETS

Cuisine: Seafood  
Category: Seafood  
Preparation: chill  
Temperature:  
Servings: 6

Ingredients:  
3 lb Catfish fillets  
2 ea Eggs, lightly beaten  
1 ts Ground mustard

1/2 ts Salt  
1/2 ts White pepper  
1/2 ts Ground red pepper  
1/2 c Corn flour  
3/4 c Corn meal  
2 qt Light veg. or peanut oil

Instructions:

Thoroughly dry fish fillets. Mix eggs, mustard, salt, white pepper, and red pepper well. Place fish in mixture and chill for 1 to 2 hours. Mix corn flour and corn meal. Remove fish from egg mixture and dust lightly with flour mixture, shaking off excess. Heat oil to 375 degrees F. Drop fish into oil and fry until fish floats and is light golden brown, 4 to 6 minutes.

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Recipe Name: FAST DISH CATFISH

Cuisine: Fish  
Category: Fish  
Preparation: broil  
Temperature:  
Servings: 4

Ingredients:

4 Catfish fillets  
1 tb Butter or margarine; melted  
2 tb Lemon juice; divided  
1 ts Dill weed; divided  
1/2 ts Salt  
1 sm Zucchini; cut into  
-- ribbon-like strips\*  
1 Carrot; cut into  
-- ribbon-like strips\*  
1 tb Mayonnaise  
1 pk Rice pilaf mix  
-- (4.3 to 7.2 oz.)  
-- prepared according to  
-- package directions

Instructions:

Brush catfish with butter and sprinkle with 1 tablespoon lemon juice, 1/2 teaspoon dill weed, and salt. Broil fillets 8 to 10 minutes or until fish flakes easily with fork. Stir zucchini, carrot, mayonnaise, remaining 1 tablespoon lemon juice, and remaining 1/2 teaspoon dill weed into hot rice. Cover and let stand 5 minutes. Serve vegetable rice with broiled catfish. \*To make ribbon-like strips, hold vegetable vertically and cut thin strips using vegetable peeler.

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Recipe Name: FIERY CATFISH FINGERS

Cuisine: Appetizers  
Category: Appetizers  
Preparation: cook  
Temperature:  
Servings: 6

Ingredients:

1 c Yellow Or Coarse Ground  
- Mustard Or A Combination  
- Of Both  
1 Egg White Lightly Beaten  
2 ts Tabasco Pepper Sauce  
1-1/2 lb Catfish Fillets, Cut Into  
- Bite Sized Strips  
1/2 c Yellow Cornmeal  
1/2 c All-Purpose Flour  
1/2 ts Salt  
1/4 ts Freshly Ground Black Pepper  
1 qt Vegetable Oil

Instructions:

In the South Folks grow up loving catfish, which is plentiful in the bayous and rivers. Now it's farm-grown, and northerners are discovering its mild and versatile flavor. We coat bite-size fingers of catfish fillets with plenty of Tabasco sauce and deep-fry them for a knock-your-socks-off appetizer. In a large bowl, stir together the mustard, egg white and Tabasco sauce. Add the fish and toss to coat well. Cover and marinate for 1 hour. In a shallow dish, mix together the cornmeal, flour, salt and pepper. Pour the oil into a heavy 3 quart saucepan or deep-fryer, filling it no more than one-third full, and heat over medium heat to 350oF. Dredge the fish in the cornmeal mixture and shake off the excess. Carefully add the fish to the oil, a few pieces at a time. Cook for 2 minutes, or until golden brown and crispy. Drain on paper towels. Serve the catfish hot with spicy mayonnaise or picante sauce.

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Recipe Name: FILLET OF CATFISH BAYOU LAFOURCHE

Cuisine: Creole  
Category: Creole  
Preparation: cook  
Temperature:  
Servings: 4

Ingredients:

4 ea Catfish fillets(5-7oz ea)  
1 x Cayenne pepper to taste  
2 ea Juice of lemon  
2 T Green onion, chopped

1/2 c Butter,clarified  
1/2 c Champagne  
2 T Shallots,chopped  
1/2 c Butter,unsalted  
1 c Flour,all-purpose  
1/2 c White wine,dry  
2 T Tarragon,chopped fresh  
2 T Chives,chopped  
1 x Salt to taste  
12 ea Oysters,fresh shucked  
1/2 t Tarragon,dried

Instructions:

1. Thaw frozen fish according to package directions. 2. Season catfish with salt and cayenne; dust with flour, shaking off excess. 3. Heat clarified butter in large heavy skillet. 4. Place fillets in skillet, flat side up; saute over medium heat until brown. 5. Turn fillets and continue to saute until brown, then remove to heated plates. 6. Deglaze skillet with champagne or wine; add oysters, oyster liquor, lemon juice, shallots, fresh or dried tarragon, and green onions. 7. Cook until oysters begin to curl, then remove and place 3 on each fillet. 8. Reduce liquid in skillet until a glaze forms, then add cold butter, a few chips at a time, swirling pan constantly (do not stir, as spots will develop and butter solids and liquids will separate). 9. Continue adding butter; butter will emulsify, creating a smooth creamy sauce. 10. Add chives, adjust seasoning with salt and cayenne, and pour over oysters.

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Recipe Name: Fillet of Catfish Bayou Lafourche

Cuisine: Creole  
Category: Creole  
Preparation: cook  
Temperature:  
Servings: 4

Ingredients:

4 Catfish fillets(5-7oz ea)  
1/2 c Butter,clarified  
1 c Flour,all-purpose  
Salt to taste  
Cayenne pepper to taste  
1/2 c Champagne  
1/2 c White wine,dry  
12 Oysters,fresh shucked  
2 Juice of lemon  
2 tb Shallots,chopped  
2 tb Tarragon,chopped fresh  
1/2 ts Tarragon,dried  
2 tb Green onion,chopped  
1/2 c Butter,unsalted  
2 tb Chives,chopped

Instructions:

1. Thaw frozen fish according to package directions. 2. Season catfish with salt and cayenne; dust with flour, shaking off excess. 3. Heat clarified butter in large heavy skillet. 4. Place fillets in skillet, flat side up; saute over medium heat until brown. 5. Turn fillets and continue to saute until brown, then remove to heated plates. 6. Deglaze skillet with champagne or wine; add oysters, oyster liquor, lemon juice, shallots, fresh or dried tarragon, and green onions. 7. Cook until oysters begin to curl, then remove and place 3 on each fillet. 8. Reduce liquid in skillet until a glaze forms, then add cold butter, a few chips at a time, swirling pan constantly (do not stir, as spots will develop and butter solids and liquids will separate). 9. Continue adding butter; butter will emulsify, creating a smooth creamy sauce. 10. Add chives, adjust seasoning with salt and cayenne, and pour over oysters. NOTE: Served a famous Lafitte's Landing restaurant in Donaldsonville, Louisiana.

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Recipe Name: FILLET OF CATFISH IN WINE

Cuisine: Fish  
Category: Fish  
Preparation: boil  
Temperature:  
Servings: 6

Ingredients:

1/3 c Golden Raisins  
24 oz Catfish Fillets  
1/4 c All-Purpose Flour  
1/2 ts Dried Whole Sage  
1/2 ts Ground Pepper  
Vegetable Cooking Spray  
1 tb Margarine  
3 tb Lemon Juice  
1/4 c Chablis; or other Dry White  
-Wine  
1/4 c Dry Sherry  
1 tb Light Soy Sauce  
Fresh Sage Leaves

Instructions:

Place raisins in a small bowl; add enough water to cover. Let stand 10 minutes. Drain, and set aside. Rinse fillets with cold water, and pat dry. Combine flour, sage and pepper; dredge fillets in flour mixture to coat well. Coat a skillet with cooking spray; add margarine, and place over medium heat until margarine melts. Add fillets, lemon juice, and reserved raisins. Cover; reduce heat, and simmer 10 minutes. Remove cover, and turn fillets. Add wine, sherry, and soy sauce to skillet. Bring to a boil; reduce heat, and simmer 5 minutes or until wine mixture is slightly thickened. Carefully transfer fillets and wine mixture to a serving platter. Garnish with sage leaves, if desired.

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Recipe Name: FRIED CATFISH

Cuisine: Main dishes  
Category: Main dishes  
Preparation: cook  
Temperature:  
Servings: 1

Ingredients:  
Peanut oil or vegetable  
Cooking oil  
Louisiana hot sauce  
Catfish filets -- 2-3"  
Pieces  
Salt -- to taste  
Corn flour or fish fry

Instructions:

Heat oil on high heat to about 375 . Wash the filets and pat dry with a paper towel. Place in a tray, splashing well with liquid hot sauce, sprinkle with salt. Roll the fish to spread the seasoning evenly. Drop the filets into a tray of corn flour or fish fry, battering them evenly, so that they are completely covered in corn flour. Test the oil's temperature. If hot enough, remove filets from corn flour, shake off excess flour and gently drop filets into oil. Cook until golden. Remove from the oil, drain for a minute, then serve.

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Recipe Name: FRIED CATFISH BATTER

Cuisine: Seafood  
Category: Seafood  
Preparation:  
Temperature:  
Servings: 6

Ingredients:  
1 ts Salt  
1/2 ts Black pepper  
1 c Cornmeal  
1 tb Sherry or brandy (optional)  
1 Jar prepared mustard

Instructions:

\*SOURCE: Recipe of Bill Rogers, Golf Director, San Antonio CC Catfish (Steaks, fillets or whole) Oil for frying. Heat oil until it pops when sprinkled with a drop of water. Pat fish dry, then brush with mustard, (mixed with sherry or brandy if desired). Sift cornmeal, salt and pepper into bag. Add 2 or 3 steaks

or fillets, or 1 whole fish; close and shake. Drop fish carefully into hot oil; fry until lightly browned. Drain well on paper. Keep fish warm and crisp in a closed paper sack. Try fresh or canned potatoes fried with the same batter. Tastes good.

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Recipe Name: FRIED CATFISH PO BOYS

Cuisine: Seafood  
Category: Seafood  
Preparation: cook  
Temperature:  
Servings: 4

Ingredients:

4 Catfish fillets (4 - 6 oz.)  
1/2 c All-purpose flour  
1 lg Egg  
1/4 c Milk  
3/4 c Yellow cornmeal  
2 ts Cayenne pepper  
1 ts Garlic powder  
1 ts Salt  
1/2 ts Black pepper  
6 tb Salad oil  
4 ea French bread rolls - 6" long Slightly warmed  
1/2 c Mayonnaise  
2 c Shredded lettuce  
2 md Ripe tomatoes - sliced thin

Instructions:

Rinse catfish and pat dry. Measure flour into a pie plate. Beat egg and milk together in another pie plate. In a third pie plate, combine cornmeal with cayenne, garlic powder, salt and black pepper. Coat half the fillets lightly with flour, then dip into egg mixture. Dredge fillets in seasoned cornmeal mixture. Meanwhile, heat 4 tablespoons oil in a 10-inch frying pan (or 6 tablespoons in a 12-inch frying pan) over medium heat. Fry breaded fillets until crisp and golden brown on one side, about 3 to 4 minutes, then turn fillets over and cook until fish is opaque in center of thickest part, about 3 minutes more. Drain fish well on paper towels. Coat and cook remaining fillets. Slice rolls on bread sections in half lengthwise. Spread the cut insides lightly with mayonnaise. Inside each roll arrange 1 fried fish filet and 1/4 of the lettuce and tomato. Source: <http://www.Sailorrandr.com/recipes/>

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Recipe Name: GOLDEN FRIED CATFISH

Cuisine: Main dish

Category: Main dish  
Preparation:  
Temperature:  
Servings: 6

Ingredients:  
6 sm Catfish; cleaned and dressed  
1/4 ts Pepper  
Vegetable oil  
1 ts Salt  
2 c Cornmeal, self-rising

Instructions:  
Sprinkle catfish with salt and pepper. Place cornmeal in a paper bag; drop in catfish, one at a time, and shake until coated. Fry in deep hot oil (375) until golden brown; drain well. Serve hot.

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Recipe Name: Grilled Catfish Cajun Style - Sl 6/90

Cuisine: Main dish  
Category: Main dish  
Preparation: cook  
Temperature:  
Servings: 4

Ingredients:  
1 ts Lemon-pepper seasoning  
1 ts White pepper  
1 ts Creole seasoning  
1 ts Blackened fish seasoning  
2 tb Lemon juice  
4 Catfish fillets (1-1/3 lbs)  
Vegetable cooking spray  
Garnishes: lemon wedges,  
-celery tops

Instructions:  
Combine first 4 ingredients in a small bowl. Sprinkle lemon juice and seasoning mixture on both sides of fish. : Spray a wire fish basket with cooking spray; place fish in basket. Grillfish, covered, over medium coals (400F) for 7 to 10 minutes on each side or until fish flakes easily when tested with a fork. : Remove fish from basket; place on a serving platter. Garnish, if desired.  
Yield: 4 servings.

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Recipe Name: Herbed Grilled Catfish

Cuisine: Catfish  
Category: Catfish  
Preparation: cook  
Temperature:  
Servings: 4

Ingredients:

1-1/3 ts Paprika  
1/2 ts Garlic powder  
1/2 ts Salt  
1/2 ts Black pepper  
1/2 ts Dried thyme  
1/2 ts Dried oregano  
1/8 ts Ground red pepper  
1 lb Catfish fillets -- \* see

Note

Vegetable cooking spray  
Oregano  
Thyme

Instructions:

Combine first 7 ingredients. Sprinkle mixture evenly on both sides of fillets. Place fillets in a grilling basket coated with cooking spray. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400F). Place basket on rack; grill, covered, 4 minutes on each side or until fish flakes easily when tested with a fork. Transfer to a serving platter. If desired, garnish with fresh oregano and thyme.

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Recipe Name: JUMPIN CATFISH CAKES

Cuisine: Main dish  
Category: Main dish  
Preparation: bake  
Temperature:  
Servings: 4

Ingredients:

1-1/2 lb Catfish (or trout) fillets  
3/4 c Mayonnaise  
1/4 c Cilantro, fresh; or parsley  
1/2 ts Mustard, dry  
1/2 ts Garlic salt  
1/2 ts Pepper  
1/4 ts Hot sauce  
2 tb Jalapeno peppers, pickled;  
-minced  
2 tb Sweet pickle relish  
1/2 c Breadcrumbs, dry  
1 Egg  
1-1/2 c Tortilla chips;finely crushd

Oil, vegetable

Instructions:

Arrange catfish in a lightly greased 13x9x2" baking dish; cover with aluminum foil, and bake at 400 degrees for 20 minutes or until fish flakes easily with a fork. Drain and flake. Combine mayonnaise and next 7 ingredients in a large bowl; stir well. Remove 1/4 cup mayonnaise mixture; reserve remaining mixture for sauce. Combine fish, 1/4 cup mayonnaise mixture, breadcrumbs, and egg. Shape mixture into 8 patties; coat with crushed chips. Place on a baking sheet; cover and refrigerate 1 hour. Pour oil to depth of 1/2" into a large skillet; heat to 350 degrees. Fry patties (in batches) 2 minutes on each side or until golden. Drain on paper towels. Serve immediately with remaining reserved mayonnaise mixture.

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Recipe Name: LEMON CATFISH

Cuisine: Seafood  
Category: Seafood  
Preparation: broil  
Temperature:  
Servings: 4

Ingredients:

4 Catfish fillets; thawed  
1/4 c Fresh lemon juice  
1/4 c Oil  
1 ts Dry minced onion  
1/2 ts Garlic salt  
1/4 ts Hot pepper sauce; or to tast  
4 Lemon wedges

Instructions:

Rinse fillets and blot dry. Combine remaining ingredients except lemon wedges, in flat casserole dish. Add fillets. Marinate in refrigerator overnight, turning several times. Grill fillets over medium-hot coals 5-8 minutes on each side or until fish flakes easily when tested with a fork. Baste with marinade while cooking. Squeeze lemon wedges and serve. Oven Method: Broil 6 inches from heat for 5-6 minutes; turn carefully and baste marinade. Broil an additional 5-6 minutes or until fish flakes easily when tested with a fork.

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Recipe Name: MARINATED CATFISH

Cuisine: Seafood  
Category: Seafood  
Preparation: broil

Temperature:  
Servings: 4

Ingredients:

4 Catfish fillets  
Melted butter; or margarine  
1/2 c Lemon juice  
1/2 c Vegetable oil  
2 tb Chopped onion  
1 ts Salt substitute; (mrs. dash)  
1 ts Tabasco sauce  
----italian marinade-----  
1 c Italian dressing; (regular o  
2-1/2 tb Lemon juice  
1/2 ts Salt  
----wine marinade----  
1/2 c Dry white wine  
1/2 c Vegetable oil  
2 tb Fresh parsley; chopped  
1 Lemon; thinly sliced

Instructions:

Combine ingredients from one of the recipes. Marinate fillets 1-2 hours turning occasionally. Broil fillets until fish flakes easily with a fork. Baste with marinade and/or melted margarine. Broil 6-8" from heat for 5 minutes.

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Recipe Name: New Orleans Catfish

Cuisine: Creole  
Category: Creole  
Preparation: bake  
Temperature:  
Servings: 6

Ingredients:

2 lb Catfish fillets  
1/2 ts Salt  
1 pn Black pepper  
2 c Cooked rice  
2 tb Onion,grated  
1/2 ts Curry powder  
6 Lemon slices,thin,seeded  
1/4 c Butter or margarine  
Parsley chopped

Instructions:

1. Thaw fish according to package directions. 2. Cut fish into serving-size portions; place in a well-greased 13x9x2-inch baking dish and sprinkle with salt and pepper. 3. Mix rice, onion and curry powder; spread over fish. 4. Top with lemon slices and dot with butter. 5. Cover and bake in preheated 350'F. oven 25

to 35 minutes or until fish flakes easily. 6. Uncover last few minutes of cooking to allow for slight browning. 7. Sprinkle with parsley and serve.

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Recipe Name: OVEN-FRIED CATFISH

Cuisine: Fish  
Category: Fish  
Preparation: bake  
Temperature:  
Servings: 4

Ingredients:  
2 lb Catfish fillets  
1/2 c Milk  
1/4 c Butter or margarine, melted  
1 tb Salt  
1 c Dry bread crumbs

Instructions:  
Heat oven to 500 degrees. If fillets are large, cut into servings size pieces. Stir salt into milk. Dip fish into milk, then coat with bread crumbs. Place in well greased baking pan. Pour melted butter over fish. Place pan on rack that is slightly above middle of oven; bake uncovered for 10 - 12 minutes or till fish flakes easily.

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Recipe Name: PAD PHED PLADUK (HOT & SPICY CATFISH).

Cuisine: Oriental  
Category: Oriental  
Preparation: boil  
Temperature:  
Servings: 6

Ingredients:  
10-1/2 oz Grated Coconut (unsweetened)  
2-1/4 lb Catfish fillet.  
3 T Finely sliced lemongrass.  
1 T Galanga, sliced thin.  
1 T Kaffir lime rind, sliced.  
2 T Cillantro roots.  
2 T Krachai, finely sliced.  
20 Fresh very hot Thai chilli.  
20 Peppercorns  
1/2 t Salt.  
4 Onions, medium size.  
8 Cloves of garlicks.

9 Dry red chilli, remove seeds  
1/2 t Coliander seeds.  
1/2 t Cumin.  
3 Mace.  
2 Cardamom  
1/2 t Nutmeg.  
4 Kaffir lime leaves.

Instructions:

1. Use the grated coconut to make 1-1/4 cups of coconut milk, by adding 1/2 cup of very hot water, and working the mixture thoroughly and squeezing out the coconut milk. You may also substitute an equivalent amount of canned (unsweetened) coconut milk. 2. Cut the catfish fillet into medium size cubes (about 2" x 2"). 3. Discard seeds from the dry chilli, and soak in cold water for at least a half hour. 4. Separate about 1/2 cup of "cream" from the coconut milk, and heat in a frying pan. Fry the catfish pieces in the coconut "cream" till just cooked and put aside. 5. Put the following ingredients in a mortar: salt, peppercorns, cumin, coriander seeds, mace, cardamon, nutmeg. Pound till well mixed into a fine pulp. Drain the dried chilli (discarding the water) and add to the paste in mortar. Continue pounding till the chilli pieces are mixed in. Add lemongrass, galanga, kaffir lime rind, cillantro roots, krachai, and fresh Thai chilli. Continue pounding until it's a fine well mixed paste. (NOTE: You may substitute with an equivalent amount of premade Thai "Red Curry Paste"). 6. Take the above curry paste with the remaining coconutmilk, and fry over high heat till boiling. Lower heat to medium and continue frying, with stirring, till oil starts to form on top of the mixture. Add the cooked fish pieces and the coconut "cream" mixture. Lower the heat to low, and gently cook till thoroughly heated. Adjust tastes with fish sauce and a little sugar (just to have a very slight sweet taste). Add several kaffir lime leaves and cooked for a little while longer. 7. Remove to a serving platter and garnish with slices of fresh red chilli peppers. Serve with plain boiled white rice.

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Recipe Name: PAN-FRIED CATFISH

Cuisine: Fish  
Category: Fish  
Preparation: cook  
Temperature:  
Servings: 4

Ingredients:

1/4 c Chinese fermented blk. beans  
1/4 c Sherry  
1 c Fish stock  
-OR Low-sodium chicken stock  
-OR Water  
1 tb Finely minced garlic  
1 ts Finely minced fresh ginger  
--OR--  
1 tb -Powdered ginger  
1/2 c Whipping cream



4 tb Unsalted butter  
4 Catfish fillets, 6-8 oz each  
Vegetable oil  
- to fill pan to 1" depth  
1/2 c Cornstarch  
8 Cilantro sprigs

Instructions:

RINSE THE BEANS under cold running water, then place them in a saucepan with the sherry. Place over medium heat and cook for 2 minutes. Add the fish stock, garlic and ginger and cook for another 5 minutes, reducing by 1/3. Scrape the liquid and beans into a blender and puree. Pass the puree through a strainer to remove the skins of the beans and replace in saucepan. Add the cream and cook until the sauce has a consistency to coat the back of a spoon. Off flame, whisk in the butter. Keep the sauce warm while you cook the fish. Dry the catfish fillets on towels and dredge lightly in the cornstarch, shaking off the excess. Heat the oil in a skillet and when hot, place the catfish fillets in the hot oil. Cook 3 to 4 minutes on each side, or until crispy and dark golden in color. Remove to paper towels and pat dry. To serve, mask the bottom of a serving platter with a little sauce. Arrange the fillets on the platter, and decorate with cilantro. Offer the sauce on the side.

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Recipe Name: PAN-FRIED CATFISH FILLETS

Cuisine: Fish  
Category: Fish  
Preparation: cook  
Temperature:  
Servings: 4

Ingredients:

3 tb Soy sauce  
1-1/2 c Orange juice  
3 tb Minced ginger; --OR--  
1 tb -Powdered ginger  
4 Catfish fillets, 6-7 oz each  
3 tb Unsalted butter  
1 tb Grated orange rind  
Cornstarch  
1/3 c Cooking oil  
1 tb Finely chopped parsley

Instructions:

COMBINE SOY SAUCE, 1/2 cup orange juice and ginger in a bowl, add the catfish, cover and place in the refrigerator for 2 hours or up to 6. Place remaining cup of orange juice in a saucepan, place over medium heat and cook, reducing the liquid by about 1/2. Remove from heat and whisk in the butter. Add the rind, cover, and keep warm. Drain the marinade and pat the fillets dry with a towel. Dust with cornstarch and shake off excess. Heat the oil in a 10-inch skillet over medium heat. When the oil is hot, add the catfish, 2 fillets at a time. Fry

until golden, about 3 minutes, then turn and fry until done, another 3 to 4 minutes depending on the thickness of the fillet. Drain on paper towels and keep warm in the oven while cooking the remaining 2 fillets. To serve, dress a warm platter with the sauce, arrange catfish on top and garnish with chopped parsley.

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Recipe Name: PAN-FRIED CATFISH WITH PEPPER & LEMON

Cuisine: Fish  
Category: Fish  
Preparation: cook  
Temperature:  
Servings: 4

Ingredients:  
1 tb Lemon peel - grated  
2/3 c Buttermilk  
2 tb Butter  
1 tb Parsley, minced  
1/2 ts Cayenne pepper  
4 Catfish fillets  
1 tb Vegetable oil  
Lemon wedges

Instructions:

Combine cornmeal, flour, lemon peel and cayenne in shallow dish. Season with salt. Pour buttermilk into second shallow dish. Dip 1 fish fillet into buttermilk, then into cornmeal mixture, coating completely. Repeat process with remaining fish. (Note from me: Let fish stand for approximately 15 minutes before proceeding.) Melt butter with oil in heavy large skillet over medium-high heat. Add fish and cook until crust is golden brown and fish is cooked through, turning once, about 4 minutes per side. Transfer fish to platter. Sprinkle with minced parsley. Garnish with lemon wedges. NOTE: If you let the fish sit coated for the 15 minutes that I recommend, this dish will take 45 minutes. Believe me, let the fish sit for the 15 minutes; it will keep the coating on the fish with no hassle whatsoever.

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Recipe Name: PASTA WITH CATFISH & ARTICHOKES

Cuisine: Appetizers  
Category: Appetizers  
Preparation: cook  
Temperature:  
Servings: 8

Ingredients:  
2 Catfish Fillets

1 c Artichoke Hearts -- sliced  
Julienne stri  
Stri  
Stri  
1/4 lb Angel Hair Pasta -- or  
1/2 c Grated Parmesan Cheese  
3 tb Margarine -- low-fat  
1 Red Pepper -- cut in  
1 Carrot -- cut in julienne  
1 Zucchini -- cut in julienne  
2/3 c Low Fat Milk  
Vermicelli  
1/4 ts Ground Nutmeg

Instructions:

Cut catfish in half crosswise and slice into thin strips. Saute catfish in melted margarine; add the vegetables and cook until tender. Stir in low fat milk; keep warm. Cook pasta according to package directions, drain. Toss well with cheese and catfish mixture. Sprinkle with nutmeg and serve immediately. Serve with fresh salad and French bread.

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Recipe Name: PECAN CATFISH & SWEET POTATO CHIPS

Cuisine: Fish  
Category: Fish  
Preparation:  
Temperature:  
Servings: 4

Ingredients:

1-1/2 lb Catfish fillets  
2 T Brown mustard  
2 t Honey  
2/3 c Pecans  
1/3 c Seasoned bread crumbs  
3/4 lb Thinly sliced sweet potato  
x Peanut oil  
x Orange wedges

Instructions:

Here is a fish recipe that uses both the sauteeing technique and the pecans, to a completely different effect. Cut catfish into 1/2x2" fingers. Brush with brown mustard and honey. Dredge in a mixture of pecans ground with seasoned bread crumbs and set aside. Saute potato in peanut oil until crisp and brown and drain on paper towels. Add oil to pan and saute fish until it flakes to the touch. 4-5 minutes per side. Serve fish with the chips and orange wedges.  
Source: <http://www.SailorRandR.com/recipes/>

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Recipe Name: Pecan-Crusted Catfish

Cuisine: American

Category: fish

Preparation:

Temperature:

Servings: 4

Ingredients:

1 cup pecans

1 cup Italian bread crumbs

1/4 cup flour

1 teaspoon seasoned salt

1/2 cup reduced fat milk

1 egg

1 pound fresh catfish fillets

1/4 cup canola oil

Instructions:

Finely chop pecans and combine with bread crumbs in medium bowl. In second medium bowl, combine flour and seasoned salt. In third medium bowl, combine milk and egg, whisk well.

Preheat large saute pan on medium-high for 2-3 minutes. Dip fish into flour mixture (coating evenly), into egg mixture (letting the excess drip off), and then into pecan mixture. Set aside.

Place oil in pan and swirl to coat. Using tongs, add fish and cook 4 minutes on each side. Serve.

MEAL IDEA: Serve with cheese grits, coleslaw and Key Lime pie for dessert.

Source: <http://www.SailorRandR.com/recipes/>

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Recipe Name: Plantation-Style Catfish Fillets

Cuisine: Creole

Category: Creole

Preparation: broil

Temperature:

Servings: 6

Ingredients:

8 Catfish fillets(4-5oz ea)

1/2 c Flour,all-purpose

Salt

Pepper

Paprika

1/3 c Shortening,vegetable

2 Garlic cloves,chopped

1 cn Whole tomatoes(28oz)  
4 c Spinach  
2 pk Spinach,frozen(10oz)  
3 tb Parmesan cheese,grated  
1 pk Dairy sour cream(8oz)  
1/8 ts Lemon juice,fresh  
1/4 ts Salt  
1 pn Black pepper

Instructions:

1. Thaw frozen fish according to package directions. 2. Mix flour and salt, pepper, and paprika to taste. Dust fish in seasoned flour. 3. In large, heavy skillet, saute fillets in hot shortening until crisp and golden; remove. 4. Saute garlic 1 minute; add tomatoes and cook until heated through, about 2 minutes. 5. With slotted spoon, lift out tomatoes (reserve sauce in skillet); arrange tomatoes. 6. Heat reserved sauce; add spinach and cook just until tender. 7. Arrange spinach in center of dish; place fillets on top. 8. Blend 1 tablespoon of the cheese with remaining ingredients and spoon over fillets. 9. Sprinkle with remaining cheese, brown under broiler and serve at once.

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Recipe Name: RED S RIO GRANDE CATFISH

Cuisine: Main  
Category: Main  
Preparation: chill  
Temperature:  
Servings: 4

Ingredients:

2 Jalapeno peppers--stemmed  
And minced  
3 Serrano peppers -- semmed  
And minced  
1/2 md Onion -- diced  
2 Cloves garlic -- pressed  
1 c Vegetable oil  
1/2 c Lime juice -- freshly  
Squeezed  
1/2 tb Cumin powder  
2 tb Cilantro -- minced  
4 8 oz catfish fillets  
-skinless  
& boneless  
1 c Tomatoes -- peel, dice,  
Chill

Instructions:

In this part of the country, the table fish of choice is the catfish--at least it's the most common. You can usually order this fish prepared any way that you like it, as long as it's fried. Now, I've no complaints with a well-fried

catfish, but there had to be another way. So a couple of nights ago, a few friends were over and we tried out this idea. Our "impartial" panel of judges decided that this was a definite keeper, and we are pleased to pass it on to you, literally, hot off the grill! Combine the first eight ingredients in a blender and coarsely blend. Place the filets in a non-reactive container large enough to hold them in a single layer. Pour the marinade over the filets and cover. Turn the filets once after thirty minutes. After a total marinating time of no more than one hour (any longer and they'll start to fall apart), grill them quickly over very hot mesquite coals, about 2-4 minutes per side, basting with the marinade. Place each filet on a plate, and top with 1/4 cup of chilled chopped tomatoes.

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Recipe Name: RUN DOWN (SALT CATFISH & TOMATOES)

Cuisine: Appetizers  
Category: Appetizers  
Preparation: boil  
Temperature:  
Servings: 4

Ingredients:

1 lb Mackerel fillets; or shad  
1/4 c Lime juice  
3 c Milk, coconut  
1 lg Onions; chopped fine  
2 Garlic cloves  
1 tb Pepper, hot, red; chopped  
-fine  
1 lb Tomatoes; peeled, chopped  
Salt  
Pepper, ground  
1/4 ts Thyme  
1 tb Vinegar, malt

Instructions:

Pour the lime juice over the fish and set aside. Cook the coconut milk in a frying pan until it is oily. Add onion and garlic and cook until onion is tender. Add the hot pepper, tomatoes, salt, papper, thyme and vinegar. Stir and cook very gently for 10 minutes. Drain fish, add, and cook until the fish is tender, about 10 minutes. Serve hot with boiled bananas. Run down can also be used as a stuffing for breadfruit. Salt codfish or rock lobster tails can be used instead of shad or mackerel.

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Recipe Name: SLOPPY LOUIE S CATFISH SAUTE

Cuisine: Wildgame

Category: Wildgame  
Preparation:  
Temperature:  
Servings: 1

Ingredients:

1 x Blended frying oil/inc olive  
1 x Flour  
6 T Butter, melted  
1/2 ea Lemon, juice of  
1 x Salt & pepper to taste  
1 x Paprika  
1 lb Catfish, fillets  
1 ea Egg, beaten  
3 T Wine, sherry, dry  
1 T Parsley, chopped  
1 x Lemon slices

Instructions:

Yankee-style catfish prepared by Sloppy Louie's in New York, close to Fulton Fish Market. Heat 1/8 in.oil in skillet until very hot. Lightly dust catfish fillets with flour, then dip in egg. Fry fish about 1 minute on each side, just until pale gold. Pour off oil. Add butter and remaining ingredients except garnish. Saute fish three more minutes per side, basting with pan juices. Transfer fish to heated platter and garnish.

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\*\*Exported from Cookbook Wizard Recipe Software\*\*v2.0

Recipe Name: Smoked Catfish

Cuisine: American  
Category: fish  
Preparation: smoke  
Temperature: cold  
Servings: 6

Ingredients:

4 cups water  
1-1/2 cups brown sugar  
1/2 cup kosher salt  
2 (6-oz.) catfish fillets, trimmed  
1/2 cup cilantro, chopped  
1/2 cup olive oil  
1/2 cup red bell pepper, roasted  
1/4 cup brown sugar  
1/2 cup water

Instructions:

Place water, brown sugar and salt in saucepan; heat to boiling, stirring as needed to dissolve sugar. Remove from heat; let cool. Place catfish fillets in glass dish; pour cooled brine over. Refrigerate for 1 hour.

Remove fillets from brine; place on wire rack. Refrigerate uncovered for 1 hour to dry.

Place cilantro in blender or food processor; process until smooth, adding half of olive oil. Strain through fine cheesecloth; reserve. Repeat procedure using roasted red pepper.

Using syringe, inject first cilantro, then red pepper, infusions into fillets. Refrigerate for 1 hour. Hot smoke lightly, using wood chips of choice; finish in 350 degree F oven.

Combine brown sugar and water in saucepan; heat to boiling, stirring to dissolve sugar. Let cool. Brush over fillets. Refrigerate until chilled. Cut into 1/4-in.-thick slices; serve with papaya salsa.

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Recipe Name: SMOKED CATFISH TERRINE

Cuisine: Seafood  
Category: Seafood  
Preparation: boil  
Temperature:  
Servings: 1

Ingredients:

2 lb Catfish fillets  
1/2 lb White crabmeat; all shells r  
1/2 c Chopped celery  
1/4 c Chopped parsley  
1/4 c Green onions; finely chopped  
1 ts Dill  
1/2 ts Basil  
1/2 c Mayonnaise  
1/4 c Pimentos  
Juice of 2 lemons  
8 oz Cream cheese  
1 c Sour cream  
1 tb Liquid smoke  
2 Unflavored gelatin; dissolve  
1/4 c Cold water  
Salt; to taste  
Cayenne pepper; to taste

Instructions:

Cook catfish by placing in lightly salted boiling water to cover and simmer until tender. Cool. In a bowl mix together cream cheese, sour cream, and mayonnaise. Add onions, celery, dill, basil, parsley, pimentos, liquid smoke, and juice of 2 lemons. Add chopped catfish and crabmeat. Blend well. Season to taste with salt and cayenne pepper. Add gelatin, blend well and pour into terrine mold. Chill for about 4 hours once it sets, place the mold in the center of a silver tray and invert to unmold. Serve with garlic croutons or crackers.



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Recipe Name: Smoked Fillet of Catfish

Cuisine: Creole  
Category: fish  
Preparation: smoke  
Temperature: hot  
Servings: 6

Ingredients:

Smoked Fillets  
Mango Salsa  
Rillet  
Sweet and Sour Cucumbers

ADDITIONAL INGREDIENTS

12 yellow squash  
1 oz. Dijon-style mustard  
6 small bunches mixed greens  
3 oz. vinaigrette dressing

Instructions:

TO SERVE

Cut squash into teardrop gaufrettes. Place one gaufrette on plate with point at 6 o'clock position on plate; pipe portion of rillet on base. Place second gaufrette over first. Place mustard in pastry bag with 1/8-in. hole; pipe 2-inch curved line of mustard from base of gaufrettes toward right side of plate. Place cucumber fan at 3 o'clock position on plate with base touching mustard line. Place smoked catfish fillet at 1 o'clock position on plate, with pointed end toward center of plate. Catfish should touch top of cucumber fan. Spoon salsa into space between mustard and catfish. Dip mixed greens in vinaigrette; place between catfish and gaufrettes at about 11 o'clock position.

NOTES

Season: Year round  
Food cost: Moderate  
Wine notes: No wine due to vinegar in recipe.

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Recipe Name: SMOKEY CATFISH

Cuisine: Seafood  
Category: Seafood  
Preparation: broil  
Temperature:

Servings: 4

Ingredients:

4 Catfish fillets  
2 ts Liquid hickory smoke  
1 ts Lemon juice  
3 tb Soy sauce  
1/2 ts Garlic powder

Instructions:

Combine all ingredients except fillets in a small bowl and mix thoroughly. Coat broiling pan with a shortening spray. Place catfish in pan and coat both sides with mixture. Broil 3 to 4 inches from heat source for 4 to 6 minutes or until fish flakes easily with fork.

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Recipe Name: SOUR CREAM BAKED CATFISH

Cuisine: Wildgame  
Category: Wildgame  
Preparation: bake  
Temperature:  
Servings: 1

Ingredients:

6 ea Dressed catfish  
1-1/2 T Flour  
3 T Olives, stuffed, chopped  
1/2 t Paprika  
1/4 t Thyme  
1 x Lemon wedges  
1/2 c Mayonnaise  
1 pt Sour cream  
1 t Celery salt  
1/2 t Pepper  
1 T Dillweed, fresh  
1 x Parsley

Instructions:

A Finalist in the 5th National Farm-Raised Catfish Cooking Contest Place cleaned, washed, dried fish in a greased baking dish. Combine mayonnaise and flour; add sour cream, olives, celery salt, paprika, pepper and thyme. Spread sauce over fish. Sprinkle with dillweed. Bake in 350 degree oven about 25 minutes, or until fish flakes when touched with a fork. Apply garnish.

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Recipe Name: Southern Baked Catfish

Cuisine: Seafood  
Category: Seafood  
Preparation: bake  
Temperature:  
Servings: 4

Ingredients:  
2 lb Catfish, pan dressed  
- or fillets  
1 ts Lemon juice  
1 ts Worcestershire sauce  
x Salt to taste  
x Pepper to taste  
x Packaged seasoning mix  
- for fish or chicken

Instructions:  
Score catfish and rub with juice, sauce, salt and pepper. Coat with mix and place in shallow greased pan. Bake 15 minutes at 450 degrees, then reduce heat to 350 degrees for 30-40 more minutes. Source:  
<http://www.sailorrandr.com/recipes/>

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Recipe Name: Southern Barbecued Catfish

Cuisine: Catfish  
Category: Catfish  
Preparation: bake  
Temperature:  
Servings: 2

Ingredients:  
1 lb Catfish fillets  
1/4 c Catsup  
3 tb Lemon juice  
1 tb Worcestershire sauce  
2 ts Sugar  
2 ts Instant minced onion  
1/4 ts Salt  
x Dash of red pepper sauce  
x Lemon wedges

Instructions:  
Place fish in ungreased baking pan 13x9x2 inches. Mix catsup, lemon juice, Worcestershire sauce, sugar, onion, salt and pepper sauce. Pour on fish; turn until both sides are coated. Cover and refrigerate 30 minutes. Heat over to 400 degrees. Bake uncovered until fish flakes easily with a fork, 15 to 20 minutes. Garnish with lemon wedges. Serve with pan juices.

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Recipe Name: SOUTHERN FRIED CATFISH

Cuisine: Wildgame  
Category: Wildgame  
Preparation:  
Temperature:  
Servings: 1

Ingredients:  
2 lb Catfish, fillets  
3/4 c Corn meal  
1/8 t Pepper  
1/2 ea Lemon  
1 t Salt  
1 x Oil for frying

Instructions:

Rub fillets with cut lemon, both sides. Roll in mixture of corn meal and seasonings. Pour 1/8 inch oil in large skillet and place over medium heat. Fry fillets until brown and crisp on both sides, about 8 minutes overall. Suggestions: Spice up with tabasco sauce sprinkled on with the lemon.

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Recipe Name: SOUTHERN SMOKIES CATFISH PATE

Cuisine: Creole  
Category: Creole  
Preparation: chill  
Temperature:  
Servings: 16

Ingredients:  
1/3 c Flaked smoked catfish  
1 T Lemon juice  
1 x Lemon wedges  
2 T Red wine  
1 x Toast fingers  
1/2 c Butter or margarine,softened  
1/8 t Black pepper  
1 pk Cream cheese,softened(8 oz)  
1/2 ea Clove garlic,crushed

Instructions:

1. Combine all ingredients except toast and lemon wedges in a processor bowl; process until ingredients are mixed well. 2. Chill in molds or crocks. 3. Serve on toast fingers; squeeze lemon wedges over pate.

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\*\*Exported from Cookbook Wizard Recipe Software\*\*v2.0

Recipe Name: Southern Smokies Catfish Pate

Cuisine: Creole  
Category: Creole  
Preparation: chill  
Temperature:  
Servings: 16

Ingredients:

1/3 c Flaked smoked catfish  
1 pk Cream cheese,softened(8 oz)  
1/2 c Butter or margarine,softened  
2 tb Red wine  
1 tb Lemon juice  
1/2 Clove garlic,crushed  
1/8 ts Black pepper  
Toast fingers  
Lemon wedges

Instructions:

1. Combine all ingredients except toast and lemon wedges in a processor bowl; process until ingredients are mixed well. 2. Chill in molds or crocks. 3. Serve on toast fingers; squeeze lemon wedges over pate.

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Recipe Name: SPICY CATFISH - PAD PED PLA DOOK \*

Cuisine: Thai  
Category: Thai  
Preparation: cook  
Temperature:  
Servings: 4

Ingredients:

2 tb Oil  
1 lb Catfish, Cleaned And Cut  
- Into 1/2-Inch Wide Pieces  
1/2 c Thai Eggplant, Cut Into  
- Wedges  
6 Minced Garlic Cloves  
2 Stalks Lemon Grass, Cut Into  
- 1-Inch Pieces  
1/4 c Thinly Sliced Lesser Ginger  
1/2 c Sweet Basil Leaves  
1/4 c Fish Sauce (Nam Pla)  
1 tb Sugar

Instructions:

The abundance of freshwater fish in Thailand has led to the development of many ways in which to cook them. This recipe is a favorite and catfish is a popular choice although other types of freshwater fish can also be used. Both whole fish and fillets are suitable. Heat a large skillet and add the oil. Wait for 1 minute for the oil to heat then add all the ingredients. Stir thoroughly then cover and cook for 3 minutes on high heat. Remove to a serving dish.

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Recipe Name: STIR FRIED CATFISH

Cuisine: Fish  
Category: Fish  
Preparation: cook  
Temperature:  
Servings: 4

Ingredients:

4 Catfish fillets  
3 tb Soy sauce  
1 c Thinly sliced red pepper  
1 c Snow peas  
2 tb Cornstarch  
1 ts Salt  
3 tb Lemon juice  
3 tb Vegetable oil  
1 c Sliced celery  
1 c Sliced fresh mushrooms  
3/4 c Water  
1/4 ts Pepper

Instructions:

Hot Cooked Rice Cut fillets into 2 x 3/4" strips. Combine lemon juice and soy sauce. Add fish; let stand 20 minutes. Add 2 tbsp. oil to wok or large skillet. Heat over medium high heat for 2 minutes. Add red pepper; stir fry 2 minutes. Add celery, snow peas and mushrooms; stir fry 2 minutes more. Remove vegetables; set aside. Add remaining tbsp. oil to wok; heat over medium high heat for 2 minutes. Drain fish, reserving marinade. Add fish to wok; stir fry 2 minutes or until fish flakes easily. Return vegetables to wok. Combine cornstarch, water, salt, pepper and reserved marinade; stir until smooth. Add to wok and cook 2 minutes or until slightly thickened. Serve over hot cooked rice.

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Recipe Name: Tennessee Fried Catfish

Cuisine: Catfish  
Category: Catfish

Preparation:  
Temperature:  
Servings: 2

Ingredients:  
6 sm Catfish, cleaned  
1 ts Salt  
2 c Self rising cornmeal  
1/4 ts White pepper  
x Corn oil

Instructions:  
If catfish are frozen, thaw in bowl of milk. When thawed pat dry and salt and pepper to taste. Pour cornmeal into a paper bag and drop in catfish one at a time. Fry fish till done to taste.

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Recipe Name: YAAM PLA DOOK (CRISPY FRIED CATFISH)

Cuisine: Thailand  
Category: Thailand  
Preparation: steam  
Temperature:  
Servings: 8

Ingredients:  
2 lb Catfish fillets  
2 c Oil, vegetable; for frying  
2 Mangos, unripe (green)  
-peeled, seeded, julienned  
10 Garlic cloves; sliced thin  
4 tb Oil, vegetable  
1 tb Ginger; finely shredded  
2 tb Sugar, brown  
2 tb Fish sauce (Nam Pla)  
2 tb Lime juice  
2 Chili peppers, red; sliced  
-thin  
4 tb Coriander leaves

Instructions:  
Steam fish fillets (in steamer!) for 8 minutes, until just opaque and just tender. Meanwhile, fry garlic in 4T oil until crisp, set aside. Heat oil (2 cups) in wok over medium heat, fry fish until crisp and well browned. Drain on paper towels, set aside. Mix mangoes, garlic, ginger in small bowl. Mound mixture in center of serving platter. Surround with fried fish. Combine sugar, fish sauce, lime juice in small bowl, stir until sugar dissolves. Sprinkle most of mixture over mango mixture and remainder over the fish. Garnish with chili peppers and coriander leaves.

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