

Catfish Amadine

Makes 2 servings

2 U.S. Farm-Raised Catfish fillets

2 tablespoons butter, divided

¼ cup slivered almonds

1 lemon, zested and juiced

In a large skillet over medium heat, melt 1 tablespoon of butter.

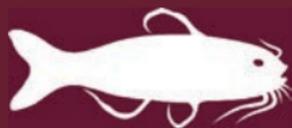
When the butter is melted, add the catfish fillets, rounded side down, and cook 3 to 4 minutes or until nicely browned.

Turn the fillets and cook 3 to 4 more minutes or until done.

Remove the fillets from the skillet and set aside.

Add the remaining butter to the skillet. Add almonds, lemon zest, and lemon juice. Cook 1 minute or until the almonds begin to brown.

Place the catfish fillets onto plates, and spoon the sauce over each.



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Catfish Amadine



Grilled Catfish and Romaine

Makes 4 servings

4 U.S. Farm-Raised Catfish fillets

1 teaspoon salt

½ teaspoon black pepper

½ teaspoon paprika

2 to 3 teaspoons canola oil,
divided use

1 large head romaine lettuce,
outer leaves removed,
cut in half lengthwise

¼ cup grated Parmesan cheese

Preheat your grill.

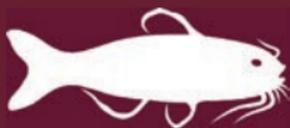
Sprinkle the fish on both sides with salt, pepper, and paprika.

Lightly coat a fish-grilling basket with canola oil, and place the fillets in the basket. Grill 3 to 4 minutes per side or until done.

Brush the romaine halves with oil and sprinkle with salt and pepper.

Place the romaine halves on the grill, cut side down, and grill for 30 to 40 seconds or until slightly charred on the edges.

Arrange the romaine and catfish on platter. Drizzle with your favorite salad dressing, and garnish with Parmesan cheese.



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Grilled Catfish and Romaine



Oven- Blackened Catfish

Makes 4 servings

4 U.S. Farm-Raised Catfish fillets

2 tablespoons cooking oil
(olive, vegetable, or canola)

3 tablespoons paprika

1 teaspoon salt

1 teaspoon onion powder

1 teaspoon black pepper

1 teaspoon cayenne pepper

1 teaspoon dried thyme

1 teaspoon dried oregano

½ teaspoon garlic powder

Preheat the oven to 375°.

Create the blackening rub by combining paprika, salt, onion powder, black pepper, cayenne pepper, thyme, oregano, and garlic powder.

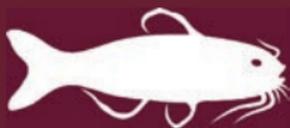
Line a sheet pan with foil, and lightly brush the foil with oil.

Pat the catfish fillets dry. Brush them with oil.

Rub both sides of each fillet with the spice rub.

Place the fillets, rounded side up, on the oiled pan. Bake for 15 to 20 minutes or until nicely browned.

Serve immediately.



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Oven-Blackened Catfish



Parmesan Catfish

Makes 8 servings

8 U.S. Farm-Raised Catfish fillets

1 cup bread crumbs or
Panko crumbs

1 cup shredded Parmesan cheese

$\frac{3}{4}$ cup chopped fresh
Italian parsley

$\frac{1}{2}$ teaspoon dried oregano

$\frac{1}{4}$ teaspoon dried basil

1 teaspoon paprika

$\frac{1}{4}$ teaspoon garlic powder

2 teaspoons salt

1 teaspoon black pepper

1 stick butter, melted

Preheat the oven to 375°. Lightly coat a 13- x 9-inch baking pan with nonstick cooking spray.

Combine the bread crumbs, cheese, and seasonings in a shallow bowl or pie plate, and stir until they are well mixed.

Place the melted butter in a second shallow bowl.

Pat the catfish fillets with a paper towel to dry both surfaces.

Dip a fillet in the melted butter and then press it into the bread-crumble mixture, coating both sides. Place the coated fillet in the prepared baking dish. Repeat for the remaining fillets.

When all the fillets are coated, place the baking dish, uncovered, in the oven.

Bake the fillets for 20 to 30 minutes, or until the fish flakes easily with a fork.



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Parmesan Catfish

