

## Catfish Recipes from [Family-Outdoors.com](http://Family-Outdoors.com)

### **Baked Catfish**

#### Ingredients:

- 2 Catfish; (7 to 8-ounce) fillets
- 4 oz Butter
- 4 oz Dry white wine
- 1 tb Lemon juice
- 1 ts Finely chopped garlic
- 1 ts Chopped cilantro
- Salt to taste
- Pepper to taste
- Paprika

#### Directions:

Season fish with salt and pepper. Place fish in oval casserole dish. Melt 4 ounces butter in small sauce pan. Add wine and remaining ingredients, except the paprika. Simmer about 2 minutes. Remove from heat and spoon over fish. Now sprinkle paprika over fish. Bake fish in 375 degree oven for 10 to 12 minutes, or until the fish is done.

Yield: 2 servings.

### **Baked Catfish Parmesan**

#### Ingredients:

- 1 lb Skinless catfish fillets
- 1/2 c Dry bread crumbs
- 1/4 c Grated Parmesan cheese
- 2 tb Chopped parsley
- 1/2 ts Paprika
- 1/4 ts Dried oregano
- 1/4 ts Dried basil
- 2 ts Pepper
- 1/3 c Milk
- 2 ts Vegetable oil

#### Directions:

Combine bread crumbs, Parmesan cheese and seasonings. Dip fillets in milk and then roll in crumb mixture.

Spray baking pan with nonstick coating. Arrange fish in pan. Drizzle oil over fish.

Bake at 450 degrees about 8-10 minutes or just until fish flakes easily. Yields 4 servings

## **Broiled Catfish Fillets**

### Ingredients:

- 1 sm Onion; chopped
- 1 ts Dry mustard
- 1 ts Garlic salt
- 1/2 ts Black pepper
- 1 tb Worcestershire sauce
- 1 tb Soy sauce
- 1 ts Lemon juice
- 1 c Dry white wine
- 6 Catfish fillets
- Paprika

### Directions:

In a 1-1/2 quart saucepan bring onion, mustard, salt, pepper, Worcestershire sauce, soy sauce, lemon juice and wine to a boil; remove from heat. Place catfish fillets on a foil-lined cookie sheet; cover with sauce and sprinkle with paprika. Broil 7 inches from heat at 450 degrees about 20 minutes.

## **Catfish Dip**

### Ingredients:

- 14 oz Cooked catfish
- 1 cn (7 oz) crabmeat
- 1 cn (7 oz) shrimp
- 1 pk (8 oz) velveeta cheese
- 2 pk (8-oz) cream cheese
- 2 ts Worcestershire sauce
- 1/2 c Green onion tops
- 1 tb Lemon juice
- 1/2 c Chopped parsley

### Directions:

Cook catfish until it flakes. Cream cheeses together. Add shrimp, worchestershire sauce, lemon juice, chopped onion and parsley. Stir in well. Add flaked fish. Drain crabmeat and add. This can be done in food processor. Served hot or cold.

## Country Fried Catfish

### Ingredients:

- 25 portions pan-dressed catfish (6 oz. each)
- 2 lg. eggs, beaten
- 1/4 c. milk
- 1 1/2 tsp. salt
- 1/4 tsp. pepper
- 2 c. all-purpose flour
- 2 c. cracker meal

### Directions:

Combine eggs, salt and pepper. Dip fish in flour mixture making sure it is well coated, shake off excess. Dip fish into egg mixture, then into cracker meal, again coating thoroughly. Fry in deep fat, 350 degrees, for 3 to 5 minutes or until browned and easily flaked with fork. Drain on absorbent paper. Serve with lemon wedges and tartar sauce.

## Fried Catfish

### Ingredients:

- Peanut oil or vegetable cooking oil
- Louisiana hot sauce
- Catfish filets -- 2-3" pieces
- Salt -- to taste
- Corn flour or fish fry

### Directions:

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.