

### CATFISH CAKES

- 1 lb. U.S. Farm-Raised Catfish Fillets, cooked
- 1½ cups mashed potatoes
- ¼ cup red onion, diced
- ¼ cup red bell pepper, diced
- 1 teaspoon fresh parsley, chopped
- 1 tablespoon Creole mustard
- 1 tablespoon mayonnaise
- ½ teaspoon capers, chopped
- ½ teaspoon salt
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon hot sauce
- 1 cup bread crumbs
- ¼ cup olive oil

### LEMON CAPER SAUCE

- 2 tablespoons mayonnaise
- 1 tablespoon Creole mustard
- ¼ teaspoon Cajun seasoning blend
- 1 tablespoon capers, chopped
- 1 teaspoon hot sauce
- 1 tablespoon red onion, finely diced
- ½ lemon, juiced



### LEMON CAPER SAUCE

Combine all ingredients and mix well.

## OVEN-BAKED CATFISH CAKES WITH LEMON CAPER SAUCE



1. Preheat oven to 350° F.
2. Mix together all ingredients except olive oil and bread crumbs. Shape into equal size cakes and coat with bread crumbs.
3. In medium skillet, heat oil over medium high heat. Cook catfish cakes 2 minutes on each side.
4. Transfer catfish cakes to greased baking sheet; bake in oven 15 minutes.
5. Remove catfish cakes from oven and place on serving dish. Garnish with Lemon Caper Sauce and fresh lemon wedges.

SERVES 4

## U.S. FARM-RAISED CATFISH. ALWAYS A FRESH IDEA.



We hope you found a few new favorites in this recipe collection. We're always amazed with chefs' latest twists on U.S. Farm-Raised Catfish – and of course, we always enjoy trying them out. From a quick meal for a hungry family to new interpretations of international cuisine, U.S. Catfish always tastes great.

For even more recipes, be sure to visit  
[www.UScatfish.com](http://www.UScatfish.com).



The Catfish Institute  
P.O. Box 1669 ★ Madison, Mississippi ★ 39130

# FRESH IDEAS FOR U.S. CATFISH



# GRILLED CITRUS ROSEMARY CATFISH

## ROSEMARY CATFISH

4 U.S. Farm-Raised Catfish Fillets  
½ fresh lemon per fillet  
Salt and pepper to taste

## CITRUS SAUCE

1 lime, zested and juiced  
1 lemon, zested  
1 orange, zested  
6 ounces pineapple juice  
½ cup brown sugar  
1 tablespoon fresh rosemary, chopped  
¼ teaspoon salt



## CITRUS SAUCE

Combine all ingredients in a small sauce pan. Bring to boil; reduce heat and simmer 5 minutes.



1. Preheat grill.
2. Place catfish in shallow dish and squeeze ½ fresh lemon over each. Sprinkle with salt and freshly ground black pepper. Let sit 5 minutes.
3. Place catfish fillets on grill skin side up for 3 to 4 minutes. Flip over and grill 2 to 3 more minutes.
4. Transfer catfish to serving plate and spoon warmed Citrus Sauce over fillets.

**SERVES 4**

# BAKED MEDITERRANEAN CATFISH

4 U.S. Farm-Raised Catfish Fillets  
1 tablespoon olive oil  
1 cup zucchini, diced  
½ cup red onion, sliced  
2 garlic cloves, minced  
½ cup mixed Mediterranean olives, halved  
½ cup grape tomatoes, halved  
2 tablespoons fresh basil, chopped  
1 tablespoon capers  
½ teaspoon salt  
¼ teaspoon freshly ground black pepper  
½ cup crumbled feta cheese, optional garnish



1. Preheat oven to 450° F.
2. Heat oil in sauté pan over medium heat. When oil is hot, add zucchini, onion and garlic. Cook 5 minutes or until onions are translucent. Remove from heat. Stir in olives, tomatoes, basil and capers.
3. Lightly brush catfish fillets with olive oil; season with salt and pepper. Place fillets into lightly oiled baking dish. Spoon equal amounts of vegetable mixture on top of each fillet. Bake 15 minutes or until fish flakes easily. Serve with crumbled feta cheese if desired.

**SERVES 4**