

FROM OUR *Kitchen* TO *Yours*

Recipes from



COOKING SCHOOL





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HEARTLANDCATFISH.COM

SMOKED CATFISH CAKES WITH AVOCADO SALSA



SMOKED CATFISH CAKES WITH AVOCADO SALSA

Serves 4

Special Ingredients:

stovetop smoker,
hardwood smoking chips

Catfish Brine:

2 ½ Tbsp light brown sugar
1 ¼ Tbsp kosher salt
½ tsp black pepper
1 lb. Heartland Catfish fillets

Catfish Cakes:

½ C mayonnaise
1 egg
¼ C green onions, minced
½ C parsley
2 tsp creole mustard
1 tsp cayenne pepper
1 tsp hot sauce
3 C panko bread crumbs, divided
6 Tbsp canola oil

Salsa:

½ small red onion, diced
1 green onion, sliced
½ small red bell pepper, diced
½ jalapeño, chopped
1 clove garlic, minced
1 tsp chopped cilantro
Juice of 1 lemon
2 plum tomatoes, diced
1 avocado, diced
Salt and pepper, to taste

COMBINE first 3 brine ingredients and press onto the surface of catfish. Marinate for 4 hours or up to overnight. **REMOVE** catfish from marinade, pat dry with a paper towel then let air-dry for 30 minutes. **PREPARE** stovetop smoker with wood chips. **PLACE** the catfish on the food rack; place the smoker over high heat until smoke appears. Close smoker lid tightly, reduce heat and let rest for 10 more minutes. **TRANSFER** catfish to a plate to rest until cool, then break into large flakes.

COMBINE first 7 catfish cake ingredients. **STIR** in 2 cups of panko, then fold in catfish. Refrigerate for 15 minutes. **FORM** the mixture into 3-inch cakes about 1-inch thick. Place remaining panko in a shallow dish. **PRESS** cakes into the panko, coating both sides.

PREPARE salsa by combining first 7 salsa ingredients in a medium mixing bowl; stir to combine. **STIR** in tomatoes and avocado. Season to taste with salt and pepper. Refrigerate until needed.

HEAT oil in a large sauté pan over medium heat. **FRY** cakes until golden brown, about 2 to 3 minutes per side. **SERVE** warm, topped with avocado salsa.

For more recipe ideas, visit www.heartlandcatfish.com/recipes

PECAN CATFISH WITH LEMON BROWN BUTTER SAUCE



PECAN CATFISH WITH LEMON BROWN BUTTER SAUCE

Serves 6

6 5-7 oz Heartland Catfish fillets	3 eggs	2 Tbsp butter
3 C pecan pieces	½ C milk	salt and pepper, to taste
1 C panko breadcrumbs	1 tsp seafood seasoning	
1 tsp salt	4 Tbsp clarified butter	
½ tsp pepper	2 sprigs fresh rosemary	
1 C all-purpose flour	2 lemons, juiced	

PREHEAT oven to 350 degrees. In a blender or food processor, **GRIND** pecans, bread crumbs, salt and pepper until fine, then pour into a shallow dish. **PLACE** flour in a shallow dish. In a medium bowl, beat eggs and milk. **SEASON** catfish with seafood seasoning, salt and pepper, then dredge in the flour, egg mixture and pecan-bread crumb mixture.

COAT the bottom of large sauté pan or skillet with clarified butter. Over medium heat, **BROWN** fillets on both sides. **TRANSFER** to lined baking sheet and place in preheated oven for 5 minutes.

Meanwhile **REHEAT** pan to medium. Add rosemary to pan and **SAUTÉ** until fragrant. Add the lemon juice, stirring to **DEGLAZE** bottom of pan. **REMOVE** pan from heat. **SWIRL** in 2 tablespoons of butter and season with salt and pepper, to taste. **SPOON** the sauce over the catfish fillets and **SERVE** immediately.

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CHEESY CATFISH BREAD



CHEESY CATFISH BREAD

Serves 12

4 5-7 oz Heartland Catfish Fillets	½ C mayonnaise
4 Tbsp butter, divided	½ C black olives, chopped
¼ C onion, chopped	¾ C mozzarella cheese, shredded
¼ C celery, chopped	1 ½ C cheddar cheese, shredded, divided
¼ C red bell pepper, chopped	1 Tbsp fresh parsley, minced
2 cloves garlic, minced	Salt and pepper, to taste
½ tsp liquid crab boil	1 loaf French bread
16 oz cream cheese	

PREHEAT oven to 350 degrees. **MELT** 2 Tbsp butter in a sauté pan. Add onions, celery and pepper and **SAUTÉ** 5 min. Add garlic and **SAUTÉ** 1 min. Remove from heat.

MELT remaining 2 Tbsp butter and add crab boil. Lay catfish in a single layer on a lined baking sheet. **BRUSH** with butter mixture. **BAKE** at 350 degrees for 5 minutes.

MIX cream cheese, mayonnaise, onion mixture, olives, mozzarella and half of the cheddar in a stand mixer. **ADD** parsley, salt and pepper. **FLAKE** catfish and fold into cheese mixture. **CUT** bread in half lengthwise and place on a baking sheet. **SPREAD** catfish mixture on each cut half. **TOP** with remaining ¾ cup cheddar.

BAKE for 10 minutes or until cheese is melted and bubbly. **CUT** into individual slices and **SERVE** immediately.