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HEARTLANDCATFISH.COM

SMOKED CATFISH CAKES WITH AVOCADO SALSA







SMOKED CATFISH CAKES WITH AVOCADO SALSA



Special Ingredients:

stovetop smoker,

hardwood smoking chips

Catfish Brine:

2 ½ Tbsp light brown sugar

1 1/4 Tbsp kosher salt

1/2 tsp black pepper

1 lb. Heartland Catfish fillets

Catfish Cakes:

1/2 C mayonnaise

1 egg

1/4 C green onions, minced

1/2 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:

1/2 small red onion, diced

1 green onion, sliced

1/2 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 airdry 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.

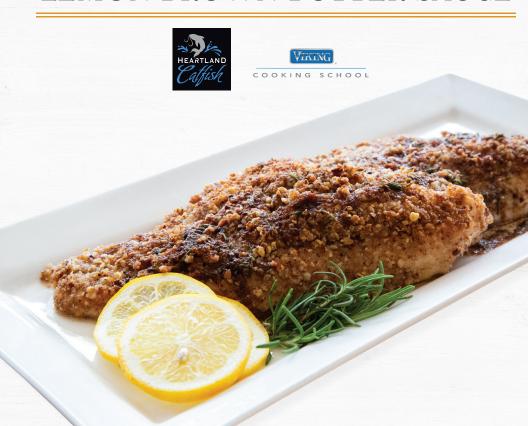
COMBINE first 7 catfish cake ingredients. **STIR** in 2 cups of panko, then fold in catfish. Refrigerate for 15 minutes. **FORM** the mixture into 3-inch cakes about 1-inch thick. Place remaining panko in a shallow dish. **PRESS** cakes into the panko, coating both sides.

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

1C panko breadcrumbs

1 tsp seafood seasoning

1 tsp salt
½ tsp pepper

4 Tbsp clarified butter 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.

CHEESY CATFISH BREAD



CHEESY CATFISH BREAD

= Serves 12 =

4 5-7 oz Heartland Catfish Fillets

1/2 C mayonnaise

4 Tbsp butter, divided

1/2 C black olives, chopped

1/4 C onion, chopped

3/4 C mozzarella cheese, shredded

1/4 C celery, chopped

1 1/2 C cheddar cheese, shredded, divided

1/4 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 34 cup cheddar.

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