Catfish Gumbo

6-9 c. Louisiana catfish filets, cut in 1" pieces
1 c. chopped celery
1 c. chopped bell pepper
1 c. chopped onion
2 garlic cloves, minced
1/3 c. cooking oil
4 beef bouillon cubes
4 c. boiling water
1 qt. canned tomatoes
2 pkgs. frozen, sliced okra
4 t. salt
1/2 t. pepper
1/2 t. thyme
2-3 bay leaves, crushed
6 oz. can V-8 juice

Cook celery, bell pepper, onion and garlic in oil until tender. Dissolve bouillon cubes in water. Add remaining ingredients, except catfish, cover and simmer, covered for 30 minutes. Add catfish, cover and simmer for 15 minutes until catfish flakes. Served with steamed rice. Makes 2 gallons.

Oven Baked Catfish with Pecan Sauce

2 lbs. Louisiana catfish filets
1/3 c. cornmeal
1/3 c. fine dry bread crumbs
1/2 t. paprika
1/4 t. ground red pepper
1/2 t. salt
2 c. milk
1/4 c. oil

Preheat oven to 450 degrees. Rinse filets in cold water and pat dry. Mix cornmeal, bread crumbs, paprika, red pepper and salt. Dip filets in milk, shaking off excess, then into the cornmeal mixture, coating well. Place fish in a single layer in a greased baking pan. Drizzle with oil. Bake 10 minutes or until fish is golden brown and flakes easily with a fork. Serve with Pecan Sauce.

Pecan Sauce

1/2 c. pecans, finely chopped
1/4 c. butter, melted
1 t. lemon juice
1/2 t. Worchestershire
1/4 t. hot pepper sauce
3 T. brown sugar

Combine all ingredients over low heat and blend until heated through. Spoon over catfish and serve immediately.

Catfish & Spaghetti Casserole

2 c. Louisiana catfish filets, cooked and flaked
4-oz. can sliced mushrooms
2 T. flour
1 t. salt
1/4 t. pepper
2 T. melted butter
1 1/4 c. milk
1 c. grated Cheddar
2 T. chopped pimento
2 c. cooked spaghetti
2 T. melted butter
1/2 c. dry bread crumbs

Drain mushrooms, reserving liquid. Blend flour and seasonings in 2 T. melted butter. Add milk and mushroom liquid gradually. Cook until thick and smooth, stirring constantly. Add cheese, pimento, mushrooms and fish. Stir until well blended. Arrange half of the spaghetti and half of the fish mixture in alternate layers in a well-greased 1 1/2 qt. casserole. Repeat layers. Combine 2 T. melted butter with crumbs. Sprinkle over top of casserole. Bake at 350 degrees for 30-35 minutes or until brown. Serves 6.

Grilled Catfish with Vegetable Salsa

1 1/2 c. seeded, diced tomato
1/2 c. chopped cucumber
1/4 c. chopped bell pepper
1/4 c. chopped red onion
2 T. red wine vinegar
1 T. oil
1/4 t. salt
1/4 t. black pepper
1/8 t. garlic powder
2 lbs. Louisiana catfish filets
Mayonnaise

Place all ingredients except catfish and mayonnaise in a plastic storage bag. Press out air and seal bag. Refrigerate for at least 4 hours, turning bag several times to combine ingredients. Start fire and allow coals to burn for 20-30 minutes. The coals must be very hot. Spread a generous portion of mayonnaise one side of each catfish filet. Place fish mayonnaise side down on grill. Cook about 6 minutes. Spread mayonnaise on other side and turn. Grill enough additional minutes to equal 10 minutes per inch of thickness. Remove fish from grill and serve with vegetable salsa. Serves 6.

How Much to Buy

Whole Fish: 1 pound serves 1 person
Dressed Fish: 1 pound serves 2 people
Steaks, Filets, Nuggets: 1 pound serves 3 people

Louisiana Crispy Catfish

24 whole Louisiana catfish
2 c. evaporated milk
4 T. salt
1/4 t. pepper
2 c. cornmeal
2 T. paprika
Oil for frying
Lemon wedges

Combine salt, pepper and cornmeal. Dip catfish in milk and roll in cornmeal mixture. Deep fry catfish at 350 degrees until fish is golden brown and flakes easily with a fork. Drain and serve with lemon wedges, ketchup, tartar sauce and hushpuppies. Serves 24.

NATURALLY FRESHER
LOUISIANA FARM-RAISED CATFISH

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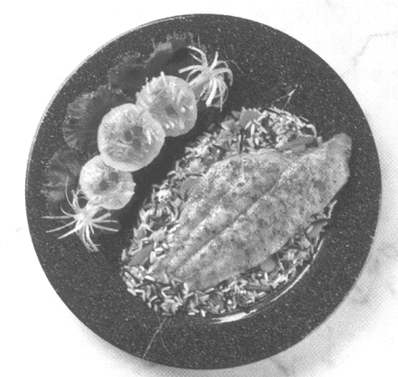
Naturally Fresher... Louisiana Farm-Raised Catfish!



Farm-Raised Catfish Is...

A Delightful Surprise!

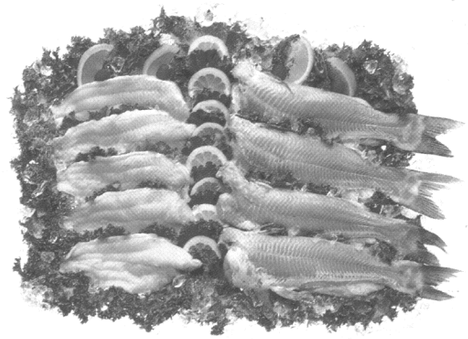
If you've never tried Louisiana farm-raised catfish, you're in for a very pleasant surprise! Louisiana catfish, fresh off the farm, is actually one of the sweetest, most finely textured fish you'll ever have the pleasure of tasting. Farm-raised catfish is grown under the most rigorous quality-controlled conditions which results in a firm-fleshed, delicately flavored fish of amazing versatility.

Louisiana farm-raised catfish are the result of years of study and experimentation. They are grown in clean, fresh water, fed a diet of grains, harvested alive, and shipped in aerated tanks to the processing plants. At the processing plant they are packaged within minutes or processing, insuring that, ice-packed or frozen, catfish is the freshest fish available.

Be sure to use fresh, flavorful Louisiana catfish within 2 days of purchase. To store, wrap tightly in aluminum foil or plastic wrap and place in the coldest part of the refrigerator. Frozen catfish will keep up to three months when wrapped properly, and can go directly from the freezer to the oven or stove.

Versatile and Delicious!

Louisiana farm-raised catfish is available year-round, fresh or frozen, in filets, whole fish, steaks, nuggets, strips and special cuts. Look for Louisiana farm-raised catfish in your local seafood market and in the fresh and frozen seafood sections of supermarkets.



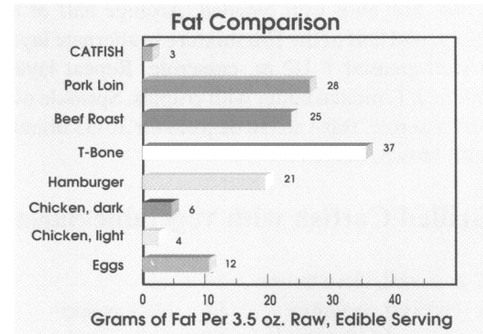
Not only is Louisiana farm-raised catfish readily available, it is nutritious and very easy to prepare. Like most fish, catfish cooks quickly. When preparing Louisiana farm-raised catfish, cook 10 minutes per inch of thickness (measuring the thickest part of the fish) at 450 degrees. To microwave, place fish in a non-metal dish and cover with plastic wrap. Microwave on high for three minutes per pound.

Serving suggestions for Louisiana farm-raised catfish are virtually endless! It can be blackened, steamed, poached, braised or stewed, grilled or barbecued, baked, fried, broiled, stir-fried or smoked. Leftover cold catfish is delicious tossed with pasta or salad greens for a light, flavorful meal.

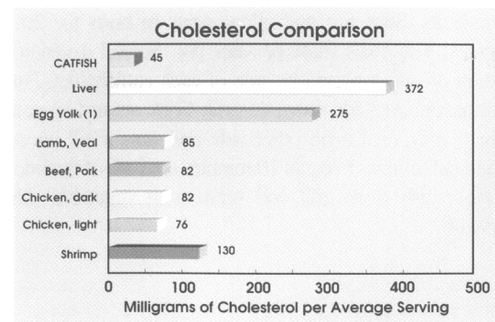
Versatile catfish is a fine substitute of any recipe calling for chicken breast. Catfish works well with all types of spices and ingredients. Experiment to create your own signature dish.

Nutritious!

Seafood is the ideal food in a "heart healthy" diet, according to the American Heart Association. Most health experts recommend eating fish at least twice a week. Louisiana farm-raised catfish is an excellent item for healthy menus. It is low in total fat and saturated fat; high in protein; low and calories and sodium; and a good source or vitamins and minerals such as potassium and thiamine. Catfish is also lower in cholesterol when compared to similar portions of lean beef, lamb, veal or chicken.



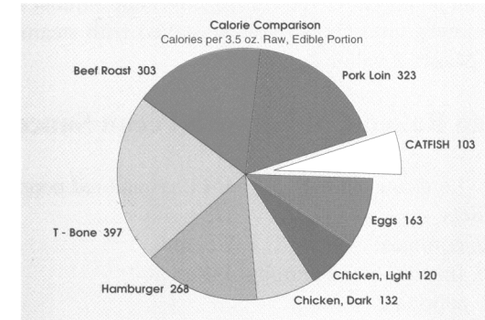
Farm-raised catfish are the cleanest, most carefully grown food protein on the market today. The percentage of lean meat in catfish is appreciably greater than that of beef, poultry or pork. More than 80% of the dressed portion of catfish is lean meat. Only about 14% is bone tendon and waste fat.



Catfish Parmesan

2 lbs. Louisiana catfish filets
2 c. dry bread crumbs
3/4 c. Parmesan cheese
1/4 c. chopped parsley
1 t. paprika
1/2 t. oregano
1/2 t. pepper
2 t. salt
1/4 t. basil
3/4 c. melted butter
Lemon wedges

Combine bread crumbs, Parmesan cheese, parsley, paprika, oregano, basil, salt and pepper. Dip catfish filets in melted butter and roll in crumb mixture. Arrange fish in a well-greased baking dish. Bake at 375 degrees for 25 minutes or until fish flakes easily with a fork. Garnish with lemon. Serves 6.



Catfish With Mushroom Sauce

2 lbs. Louisiana catfish filets
1 1/2 c. flour
1 t. salt
1 t. pepper
1 t. dry mustard
1/2 c. margarine
3 T. lemon juice
1 t. Worcestershire sauce
2 T. soy sauce
2 t. chopped chives
3-oz. jar button mushrooms, drained
Parsley sprigs

Sift together flour, salt, pepper and dry mustard. Roll fish in flour mixture. Melt margarine in a 10" skillet and heat to medium. Add fish and pan fry 5-6 minutes or until fish is golden brown and flakes easily with fork. Transfer fish to hot platter. Add lemon juice, Worcestershire, soy sauce, chives and mushrooms to remaining margarine in skillet. Bring to a boil. Pour sauce over fish and garnish with parsley. Serves 6.