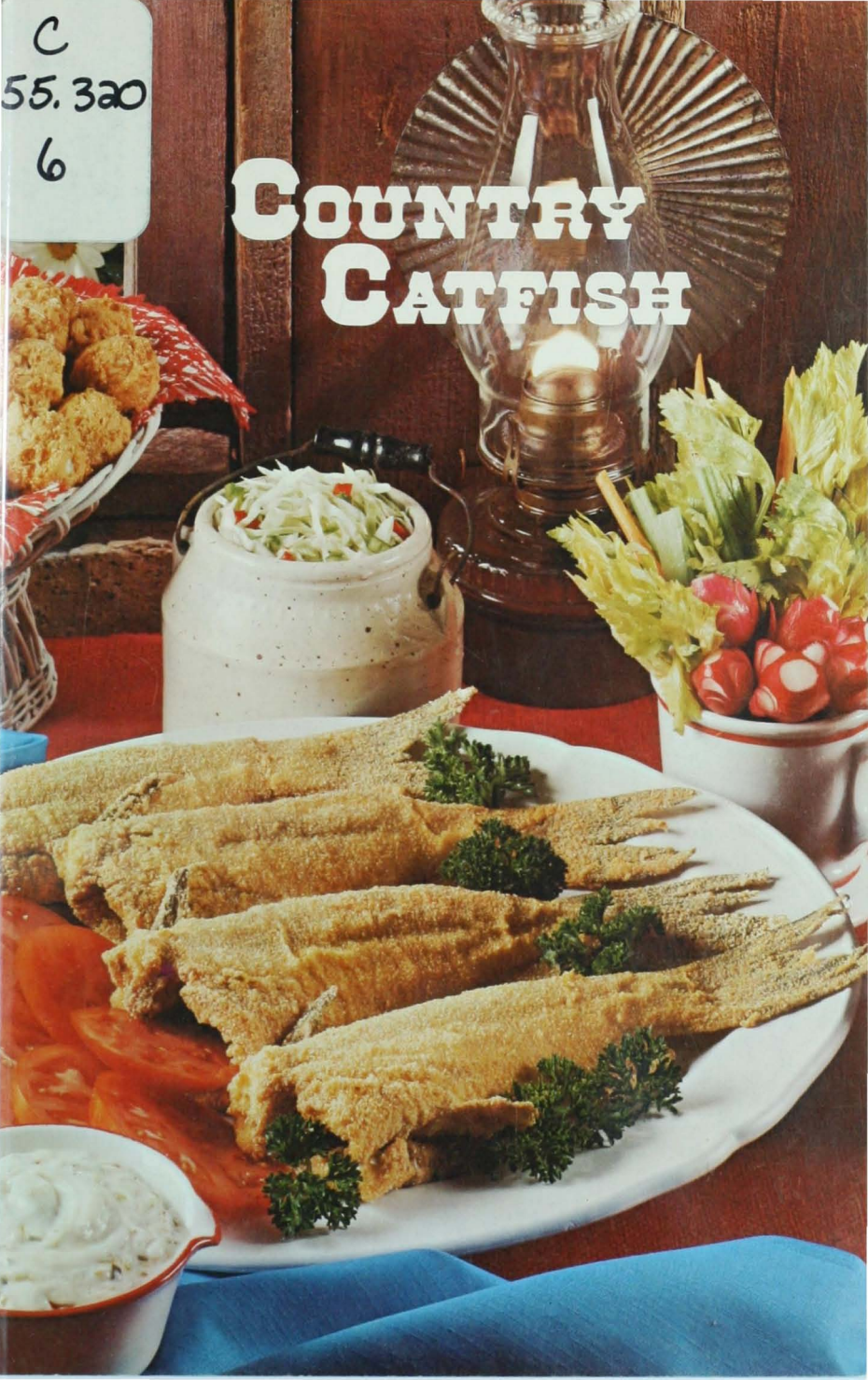


C
55.320
6

COUNTRY CATFISH





COUNTRY CATFISH

Catfish are as American as baseball, the Fourth of July, or the Statue of Liberty. Folklore abounds with tales of these creatures, which have flourished through millions of years. Their size—sometimes more than 100 pounds and up to 6 feet in length—an unusual appearance, and a voracious appetite have made them legendary. American respect for catfish is documented in the naming of streams, parks, streets, and even townships in their honor. Not only do several celebrities in the sports field answer to "Catfish," but numerous small boys proudly bear this tag. There are many local names for these fish that have graced the tables of nobility, figured in the election of statesmen, and provided sustenance for explorers, pioneers, and American Indians.

From Mississippi river boats, palatial plantations, and Cajun cottages comes an endless variety of wonderful ways with catfish. America's food heritage speaks richly of this firm-fleshed, delicately flavored fish.

Fresh or frozen, this traditional food is increasingly available in retail stores throughout the country. For special occasions or on your own special day, why not celebrate with catfish on your menu? Catfish are great—either plain or fancy!



06759054

- 4 Plantation Catfish
New Orleans Catfish
- 6 Cajun Catfish
- 7 Bayou Catfish
Smoky Broiled Catfish
- 9 Catfish Gumbo
Country Fried Catfish
- 12 Colorful Catfish
Hush Puppies
- 14 Saucy Broiled Catfish
Dixieland Catfish
Continental Catfish
- 15 Catfish Caper
- 16 Crispy Catfish
Patio Catfish
- 18 Zippy Broiled Catfish
Tennessee Fried Catfish
Sesame Catfish

CWSC
Depository

DEC 22 1975

LIBRARY

DEC 9 1975

PLANTATION CATFISH

(FRONT COVER)

6 *pan-dressed catfish or
other fish, fresh or frozen*
2 *teaspoons salt*

Orange-rice stuffing
2 *tablespoons melted fat or oil*
2 *tablespoons orange juice*

Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside and out with salt. Stuff fish. Close opening with small skewers or toothpicks. Place fish in a well-greased baking pan, 14 x 11 x 1 inch. Combine fat and orange juice. Brush fish with fat mixture. Bake in a moderate oven, 350° F., for 25 to 35 minutes or until fish flakes easily when tested with a fork. Baste occasionally with fat mixture. Remove skewers. Serves 6.

Orange-Rice Stuffing

1 *cup chopped celery with leaves* 1 *tablespoon grated orange rind*
1/4 *cup chopped onion* 3/4 *teaspoon salt*
1/4 *cup melted fat or oil* 1 *cup precooked rice*
3/4 *cup water* 1/2 *cup toasted, blanched,*
1/4 *cup orange juice* *slivered almonds*
2 *tablespoons lemon juice*

Cook celery and onion in fat until tender. Add water, juices, orange rind, and salt; bring to a boil. Add rice and stir to moisten. Cover and remove from heat. Let stand 5 minutes. Add almonds and mix thoroughly.

4

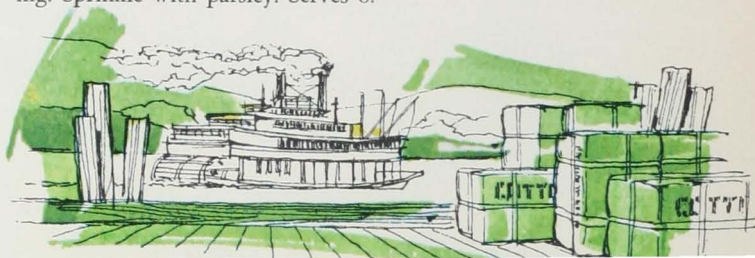
NEW ORLEANS CATFISH

(OPPOSITE PAGE)

2 *pounds catfish steaks or other
fish steaks, fresh or frozen*
1/2 *teaspoon salt*
Dash pepper
2 *cups cooked rice*

2 *tablespoons grated onion*
1/2 *teaspoon curry powder*
6 *thin lemon slices*
1/4 *cup butter or margarine*
Chopped parsley

Thaw frozen steaks. Cut into serving-size portions and place in a well-greased baking dish, 13 x 9 x 2 inches. Sprinkle fish with salt and pepper. Combine rice, onion, and curry powder; spread over fish. Top with lemon slices and dot with butter. Cover. Bake in a moderate oven, 350° F., for 25 to 35 minutes or until fish flakes easily when tested with a fork. Remove cover the last few minutes of cooking to allow for slight browning. Sprinkle with parsley. Serves 6.







6

CAJUN CATFISH

- 6 *skinned, pan-dressed catfish or other fish, fresh or frozen*
- ½ cup tomato sauce*
- 2 packages (¾ ounce each) cheese-garlic salad dressing mix*
- 2 tablespoons melted fat or oil*
- 2 tablespoons chopped parsley*
- 2 tablespoons grated Parmesan cheese*

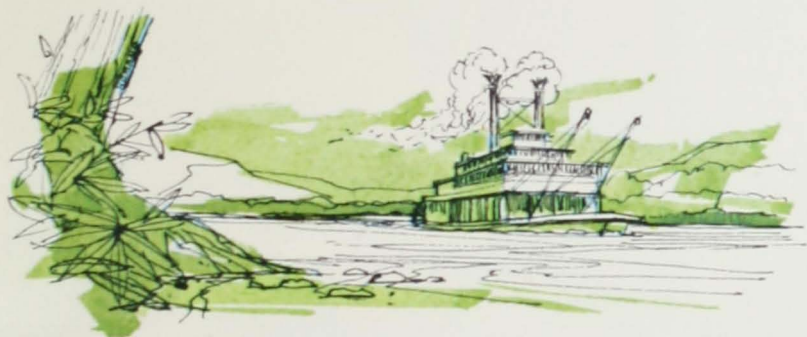


Thaw frozen fish. Clean, wash, and dry fish. Combine remaining ingredients except cheese. Brush fish inside and out with sauce. Place in a well-greased baking dish, 13 x 9 x 2 inches. Brush with remaining sauce and sprinkle with cheese. Let stand for 30 minutes. Bake in a moderate oven, 350° F., for 25 to 35 minutes or until fish flakes easily when tested with a fork. Turn oven control to broil. Place fish about 3 inches from source of heat and broil for 1 to 2 minutes or until crisp and lightly browned. Serves 6.

BAYOU CATFISH

- | | |
|--|-------------------------------|
| 6 skinned, pan-dressed catfish or
other fish, fresh or frozen | 2 tablespoons lemon juice |
| 1 cup dry white wine | 2 tablespoons chopped parsley |
| ½ cup melted fat or oil | 2 teaspoons salt |
| 1 can (4 ounces) mushroom stems
and pieces, drained | ¼ teaspoon crushed bay leaves |
| ¼ cup chopped green onions | ¼ teaspoon pepper |
| | ¼ teaspoon thyme |

Thaw frozen fish. Clean, wash, and dry fish. Cut 6 squares of heavy-duty aluminum foil, 18 inches each. Grease lightly. Place each fish on one half of each square of foil. Combine remaining ingredients. Pour sauce over fish, using approximately ⅓ cup sauce for each fish. Fold other half of foil over fish and seal edges by making double folds in the foil. Place packages of fish on a barbecue grill about 6 inches from moderately hot coals. Cook for 20 to 25 minutes or until fish flakes easily when tested with a fork. To serve, cut a big crisscross in the top of each package and fold the foil back. Serves 6.



SMOKY BROILED CATFISH

- | | |
|--|--------------------------------|
| 6 skinned, pan-dressed catfish or
other fish, fresh or frozen | 1 clove garlic, finely chopped |
| ⅓ cup soy sauce | ½ teaspoon ginger |
| 3 tablespoons melted fat or oil | ½ teaspoon salt |
| 1 tablespoon liquid smoke | Lemon wedges |

Thaw frozen fish. Clean, wash, and dry fish. Combine remaining ingredients except lemon wedges and mix thoroughly. Brush inside of fish with sauce. Place fish on a well-greased broiler pan; brush with sauce. Broil about 3 inches from source of heat for 4 to 6 minutes. Turn carefully and brush other side with sauce. Broil 4 to 6 minutes longer, basting occasionally, until fish flakes easily when tested with a fork. Serve with lemon wedges. Serves 6.



GARLIC
SALT

SEASONING
SALT

BOUQUET
GARNI

CHILI
POWDER

THYME

CINNAMON

PAPRIKA

ROSEMARY

CATFISH GUMBO

(OPPOSITE PAGE)

1 pound skinned catfish fillets or other fillets, fresh or frozen	1 can (1 pound) tomatoes
½ cup chopped celery	1 package (10 ounces) frozen okra, sliced
½ cup chopped green pepper	2 teaspoons salt
½ cup chopped onion	¼ teaspoon pepper
1 clove garlic, finely chopped	¼ teaspoon thyme
¼ cup melted fat or oil	1 whole bay leaf
2 beef bouillon cubes	Dash liquid hot pepper sauce
2 cups boiling water	1½ cups hot cooked rice

Thaw frozen fillets. Cut into one-inch pieces. Cook celery, green pepper, onion, and garlic in fat until tender. Dissolve bouillon cubes in water. Add bouillon, tomatoes, okra, and seasonings. Cover and simmer for 30 minutes. Add fish. Cover and simmer for 15 minutes longer or until fish flakes easily when tested with a fork. Remove bay leaf. Place ¼ cup rice in each of 6 soup bowls. Fill with gumbo. Serves 6.

COUNTRY FRIED CATFISH

(CENTER PHOTO)

9

Portion: 5¼ ounces

INGREDIENTS	25 PORTIONS	50 PORTIONS	100 PORTIONS
Pan-dressed catfish (fresh or frozen)	25 (6 oz each)	50 (6 oz each)	100 (6 oz each)
Eggs, beaten	3½ oz (2 large)	7 oz (4 large)	14 oz (8 large)
Milk	¼ cup	½ cup	1 cup
Salt	1½ tsp	½ oz (1 tbsp)	1 oz (2 tbsp)
Pepper	¼ tsp	½ tsp	1 tsp
All-purpose flour	8 oz (2 cups)	1 lb (1 qt)	2 lb (2 qt)
Dry bread crumbs	7½ oz (2 cups)	15 oz (1 qt)	1 lb 14 oz (2 qt)

Thaw frozen fish. Combine eggs, milk, salt, and pepper. Combine flour and crumbs. Dip fish in egg mixture and roll in flour mixture. Fry in deep fat, 350° F., for 3 to 5 minutes or until fish flakes easily when tested with a fork. Drain on absorbent paper. Serve with Hush Puppies and Tartar Sauce.





COLORFUL CATFISH

(OPPOSITE PAGE)

- 2 pounds skinned catfish fillets or other fillets, fresh or frozen
- 1 teaspoon salt
- Dash pepper
- ½ cup thinly sliced green onions and tops
- 1 lemon, thinly sliced
- ½ cup catsup
- 2 tablespoons melted fat or oil
- 2 tablespoons dry white wine



Thaw frozen fillets. Cut into serving-size portions and place, skinned side down, in a well-greased baking dish, 12 x 7½ x 2 inches. Sprinkle fish with salt and pepper. Spread onion over fish and top with lemon slices. Combine remaining ingredients and pour over fish. Bake in a moderate oven, 350° F., for 25 to 35 minutes or until fish flakes easily when tested with a fork. Serves 6.

HUSH PUPPIES

(CENTER PHOTO)

12

Portion: 2 hush puppies (1¾ oz)

INGREDIENTS	25 PORTIONS	50 PORTIONS	100 PORTIONS
White cornmeal	15 oz (3½ cups)	1 lb 14 oz (1 qt 2⅔ cups)	3 lb 12 oz (3 qt 1⅓ cups)
All-purpose flour	5 oz (1¼ cups)	10 oz (2½ cups)	1 lb 4 oz (1¼ qt)
Baking powder	¾ oz (2 tbsps)	1½ oz (¼ cup)	3 oz (½ cup)
Salt	2 tsp	¾ oz (1½ tbsps)	1½ oz (3 tbsps)
Pepper	¾ tsp	1½ tsp	1 tbsps
Eggs, beaten	5¼ oz (3 large)	10½ oz (6 large)	1 lb 5 oz (12 large)
Milk	1¼ cups	2½ cups	1¼ qt
Onions, finely chopped	4 oz (⅔ cup)	8 oz (1⅓ cups)	1 lb (2⅔ cups)
Oil or fat, melted	4 oz (½ cup)	8 oz (1 cup)	1 lb (2 cups)

Sift dry ingredients together. Combine eggs, milk, onions, and fat. Add to dry ingredients and stir only until blended. Portion with a No. 40 scoop (1-3/5 tbsps) onto trays. Fry in deep fat, 350° F., for 3 to 4 minutes or until brown. Drain on absorbent paper.



SAUCY BROILED CATFISH

6 skinned, pan-dressed catfish or other fish, fresh or frozen	2 tablespoons wine vinegar
1 cup melted fat or oil	2 cloves garlic, finely chopped
¼ cup chopped parsley	2 teaspoons basil
2 tablespoons catsup	1 teaspoon salt
	¼ teaspoon pepper

Thaw frozen fish. Clean, wash, and dry fish. Place in a single layer in a shallow baking dish. Combine remaining ingredients. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish on a well-greased broiler pan. Brush with sauce. Broil about 3 inches from source of heat, 5 to 7 minutes or until lightly browned, basting twice. Turn carefully and brush other side with sauce. Broil 5 to 7 minutes longer, basting occasionally, until fish is brown and flakes easily when tested with a fork. Serves 6.

DIXIELAND CATFISH

6 skinned, pan-dressed catfish or other fish, fresh or frozen	12 thin lemon slices
½ cup French dressing	Paprika

Thaw frozen fish. Clean, wash, and dry fish. Brush inside and out with dressing. Cut 6 lemon slices in half. Place 2 halves in each body cavity. Place fish in a well-greased baking dish, 14 x 9 x 2 inches. Place a lemon slice on each fish. Brush top of fish with remaining dressing. Sprinkle with paprika. Bake in a moderate oven, 350° F., for 30 to 35 minutes or until fish flakes easily when tested with a fork. Serves 6.

14

CONTINENTAL CATFISH

6 skinned, pan-dressed catfish or other fish, fresh or frozen	1 egg, beaten
1 teaspoon salt	¼ cup milk
Dash pepper	1 teaspoon salt
1 cup chopped parsley	¾ cup dry bread crumbs
¼ cup butter or margarine, softened	½ cup grated Swiss cheese
	3 tablespoons melted fat or oil

Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside and out with salt and pepper. Add parsley to butter and mix thoroughly. Spread inside of each fish with approximately one tablespoon parsley butter. Combine egg, milk, and salt. Combine crumbs and cheese. Dip fish in egg mixture and roll in crumb mixture. Place on a well-greased cookie sheet, 15½ x 12 inches. Sprinkle remaining crumb mixture over top of fish. Drizzle with fat. Bake in an extremely hot oven, 500° F., for 15 to 20 minutes or until fish flakes easily when tested with a fork. Serves 6.



CATFISH CAPER

15

2 pounds skinned catfish fillets or
 other fillets, fresh or frozen
 ½ cup melted fat or oil
 ⅓ cup lemon juice
 ¼ cup chopped onion
 2 tablespoons capers and juice
 2 tablespoons catsup
 1 tablespoon salt
 2 teaspoons Worcestershire sauce
 2 teaspoons sugar
 4 bay leaves, crushed
 2 cloves garlic, finely chopped
 ¼ teaspoon pepper
 Paprika



Thaw frozen fillets. Place in a single layer in a shallow baking dish. Combine remaining ingredients except paprika. Pour sauce over fillets and let stand for 30 minutes, turning once. Remove fillets, reserving sauce for basting. Place fillets in well-greased, hinged wire grills. Sprinkle with paprika. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce and sprinkle with paprika. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

CRISPY CATFISH

(OPPOSITE PAGE)

6 skinned, pan-dressed catfish or other fish, fresh or frozen	1 cup flour
½ cup evaporated milk	½ cup yellow cornmeal
1 tablespoon salt	2 teaspoons paprika
Dash pepper	12 slices bacon

Thaw frozen fish. Clean, wash, and dry fish. Combine milk, salt, and pepper. Combine flour, cornmeal, and paprika. Dip fish in milk mixture and roll in flour mixture. Fry bacon in a heavy pan until crisp. Remove bacon, reserving fat for frying. Drain bacon on absorbent paper. Fry fish in hot fat for 4 minutes. Turn carefully and fry for 4 to 6 minutes longer or until fish is brown and flakes easily when tested with a fork. Drain on absorbent paper. Serve with bacon. Serves 6.



PATIO CATFISH

6 skinned, pan-dressed catfish (¾ pound each) or other fish, fresh or frozen	⅓ cup lemon juice
¾ cup butter or margarine, melted	2 teaspoons salt
	Paprika

Thaw frozen fish. Clean, wash, and dry fish. Combine butter, lemon juice, and salt. Cut 6 pieces of heavy-duty aluminum foil, 18 x 18 inches each. Grease lightly. Place 2 tablespoons of sauce on foil. Place fish in sauce. Top each fish with 2 tablespoons sauce and sprinkle with paprika. Bring the foil up over the fish and close all edges with tight double folds. Make 6 packages. Place packages on a grill about 6 inches from moderately hot coals. Cook for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serves 6.



ZIPPY BROILED CATFISH

6 skinned, pan-dressed catfish or other fish, fresh or frozen	1 cup flour
4 tablespoons lemon juice	1½ cups Italian salad dressing
2 teaspoons salt	Lemon wedges
Dash pepper	Parsley

Thaw frozen fish. Clean, wash, and dry fish. Brush inside of fish with lemon juice; sprinkle with salt and pepper. Roll fish in flour. Shake off excess flour. Place fish on a well-greased broiler pan. Brush with salad dressing. Broil about 4 inches from source of heat for 4 to 6 minutes, basting occasionally. Turn carefully and brush with salad dressing. Broil 4 to 6 minutes longer or until fish flakes easily when tested with a fork. Garnish with lemon wedges and parsley. Serves 6.

TENNESSEE FRIED CATFISH

6 skinned, pan-dressed catfish or other fish, fresh or frozen	2 eggs
2 teaspoons salt	2 tablespoons milk
¼ teaspoon pepper	2 cups cornmeal

- 18 Thaw frozen fish. Sprinkle both sides with salt and pepper. Beat eggs slightly and blend in the milk. Dip fish in the eggs and roll in cornmeal. Place fish in a heavy fry pan which contains about ⅛ inch melted fat, hot but not smoking. Fry at a moderate heat. When fish is brown on one side, turn carefully and brown the other side. Cooking time is about 10 minutes, depending on the thickness of the fish. Drain on absorbent paper. Serve immediately on a hot platter, plain or with a sauce. Serves 6.

SESAME CATFISH

6 skinned, pan-dressed catfish or other fish, fresh or frozen	4 tablespoons lemon juice
½ cup melted fat or oil	1 teaspoon salt
½ cup sesame seeds	Dash pepper

Thaw frozen fish. Clean, wash, and dry fish. Place fish in well-greased, hinged, wire grills. Combine remaining ingredients. Baste fish with sauce. Cook about 4 inches from moderately hot coals for 8 minutes. Baste with sauce. Turn and cook for 7 to 10 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

More than 20 species of catfish and close relatives are taken from the waters of North America. But for flavor, channel catfish are generally esteemed above all others. With their high value as both sports fish and commercial fish, channel catfish have been studied intensively to learn more about the science of spawning and rearing them in artificially formed lakes. Catfish farms are now operating in the Mississippi Delta areas of Arkansas, Mississippi, Louisiana, and in many other Central and Southern States, resulting in a new multimillion-dollar-a-year industry.

Catfish farming in the United States is the latest development in warm-water fish farming, which first reached significant commercial importance in the late 1940's with the production of bait minnows. In the 1950's, land made idle by rice-crop rotation on Arkansas farms was flooded to form lakes for the raising of various commercial species.

To assure top-quality product, fish culturists follow specific propagation and rearing techniques and use efficient harvesting methods. A proper environment is maintained in specially designed rearing ponds, and growing conditions are controlled. Brood stock is carefully selected, and feed rations scientifically balanced. As in any type of modern farming, scientific management techniques are used throughout.

Fish hatched in the spring of one year are ready for market as $3/4$ to $1\frac{1}{4}$ -pound fish in the fall of the following year. As with controlled, gain-fed livestock or poultry, farm-raised fish are better flavored and more succulent than those which grow in the wild. From either source, however, channel catfish provide unsurpassed dining pleasure at home, in a restaurant, or at a fish fry.

A Typical Arkansas Fish Farm.





U.S. DEPARTMENT OF COMMERCE
Frederick B. Dent, Secretary

Dr. Robert M. White, Administrator
National Oceanic and Atmospheric Administration

Robert W. Schoning, Director
National Marine Fisheries Service

**This publication was developed at the National Fisheries
Education Center, National Marine Fisheries Service,
100 East Ohio St.
Chicago, Illinois 60611**