

Vegetable Stuffed Catfish

- 6 pan-dressed Florida catfish
- 2 teaspoons salt
Vegetable Stuffing (recipe below)
- 6 slices of bacon, cut in thirds
paprika

Sprinkle fish with salt. Stuff fish with vegetable stuffing and place in a well-greased baking pan (14"x11"x1"). Place 3 pieces of bacon on each fish. Sprinkle with paprika. Bake at 350° for 25-30 minutes. Turn on broiler, place fish 3 inches from source of heat. Broil for 2 to 3 minutes or until bacon is crisp.

Vegetable Stuffing

- 1 cup Florida carrot, grated
- ¾ cup Florida celery, chopped
- ½ cup onion, chopped
- ⅓ cup butter
- 2 cups soft bread crumbs
- 1 Tablespoon Florida lime or lemon juice
- ½ teaspoon salt

Cook vegetables in butter until tender, stirring occasionally. Add remaining ingredients and mix lightly.

Serves: 4.

Recipes from the 1989 Calhoun County Catfish Festival.

Catfish Calhoun

- 2 pounds Florida catfish fillets
- 1 cup light mayonnaise
- 1 cup sour cream
- 2 Tablespoons Ranch Style Bacon Salad Dressing Mix
- ¼ cup Florida green onion, finely chopped
- 3 Tablespoons Florida lime or lemon juice
- 1-2 cans french fried onion rings, crushed

Spray a 2-quart casserole baking dish with cooking spray. Place fish in bottom of casserole dish. Blend mayonnaise, sour cream, dressing mix, green onion, and lime or lemon juice. Seal fish with mixture. Cover with crushed french fried onion rings. Bake at 375°degrees for 20 minutes or until fish flakes.

NOTE: In order to cut down on fat and cholesterol, light sour cream or yogurt may be substituted. Top with croutons or bread crumbs instead of onion rings.

Serves: 4.

Farm-Raised FLORIDA CATFISH



*“Savor the flavor
and goodness of a
Southern favorite.”*



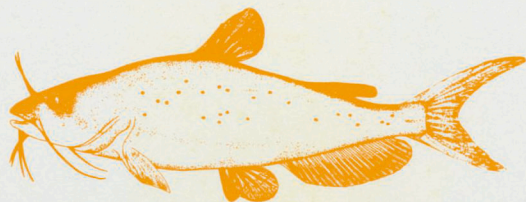
BOB CRAWFORD
Commissioner
FLORIDA DEPARTMENT OF
AGRICULTURE AND CONSUMER SERVICES

FLORIDA CATFISH

The best tasting fish are fresh fish. You can't find fresher fish than Florida farm-raised catfish. Florida farmers tend acres of ponds feeding hungry channel catfish high protein, grain-based feeds to produce a sweet, meaty fillet. Harvesting involves farm tractors but instead of pulling field equipment, Florida's water farmers haul large seine nets which catch the market-sized fish and leave the smaller ones in the pond to continue to grow. Fresh from the pond, these large catfish are quickly transported to processing plants and transformed into cleaned whole fish, fillets and steaks. In your restaurant or market, you won't find fish any fresher.

The quality and flavor of Florida catfish cannot be beaten. Florida farmers constantly check the water quality of their ponds to protect the health of the fish. Healthy fish grow faster and taste better. Before any catfish are harvested, the flavor is checked several times to insure the best taste and sweetest fish.

A recent nutritional study by The Catfish Institute found that farm-raised catfish is an excellent source of high quality protein and is low in cholesterol and calories. Catfish are also a fish of medium fat content, they are low in sodium and provide substantial amounts of potassium. The director of this study noted that these characteristics make farm-raised catfish an excellent menu item for health conscious people.



Catfish au Poivre

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| 2 Tablespoons Florida lemon juice | 1 small clove garlic, minced |
| 1 Tablespoon light mayonnaise | 2 Tablespoons minced Florida parsley |
| 1 pound Florida catfish fillets | |
| 2-4 teaspoons coarsely cracked black pepper | |

Combine lemon juice and mayonnaise; mix lightly in shallow plate. Roll each fillet in this mixture to coat lightly, then arrange in single layer on shallow, non-stick oven-proof pan. Sprinkle lightly, or liberally, with coarsely cracked pepper, garlic and parsley; turn and sprinkle again. Preheat oven to 450°. When oven reaches temperature, put pan in oven and bake seven to eight minutes without turning fillets.

Serves: 4.

