

FROM OUR *Kitchen* TO *Yours*

Recipes from





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HEARTLANDCATFISH.COM

SMOKED CATFISH CAKES WITH AVOCADO SALSA



Developed in Partnership with



COOKING SCHOOL



SMOKED CATFISH CAKES WITH AVOCADO SALSA

Serves 4

Special Ingredients:

Stovetop smoker,
Hardwood smoking chips

Catfish Brine:

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

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



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PECAN CATFISH WITH LEMON BROWN BUTTER SAUCE

Serves 6

Ingredients:

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

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



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CHEESY CATFISH BREAD

Serves 12

Ingredients:

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.

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GRILLED CATFISH WITH CILANTRO LIME SAUCE



GRILLED CATFISH WITH CILANTRO LIME SAUCE

Serves 2

Ingredients:

2 large whole Heartland Catfish
1 tsp Kosher salt
1 tsp chili powder
½ tsp ground black pepper
Olive oil, for basting the cedar planks
2 cedar planks

Cilantro Lime Sauce:

½ C finely chopped cilantro, fresh
1 Tbsp lime juice
½ Tbsp olive oil
½ C nonfat Greek yogurt
½ tsp salt
½ tsp ground black pepper

PREPARE the cedar planks. Soak the planks in water for two hours prior to grilling. This helps prevent the planks from catching on fire while on the grill. **BRUSH** the top of the planks where the catfish will go with cooking oil before setting the catfish on the planks to prevent the catfish from sticking. **BRING** your catfish to room temperature, about 15-20 minutes. **MIX** the salt, pepper and chili powder together in a small dish, and then sprinkle both sides of the catfish with the seasoning. **RUB** the seasoning in to ensure it covers the whole catfish.

HEAT your grill to 350 degrees or to medium heat. Once heated, place your whole catfish on the planks and transfer them to the grill. Using a plank for each fish allows them to cook evenly without overcrowding. **GRILL** your catfish until they are fully cooked through, around 15-20 minutes. **REMOVE** the planks while wearing special grill mitts or carefully transfer the fish from the plank to a serving platter with a spatula once the catfish are fully cooked through. If using the spatula method, make sure to take the planks off the grill, too.

LET the the catfish cool slightly and add all of the ingredients for the cilantro-lime sauce to a blender or food processor. **BLEND** for about 30 seconds until all the ingredients are combined. **POUR** the sauce into a serving dish, plate your catfish and dig in!

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CATFISH CORNBREAD DRESSING



CATFISH CORNBREAD DRESSING

Serves 4

Homemade Cornbread:

Cooking spray
¼ C butter
1 C milk
1 large egg
1 ¼ C yellow cornmeal
1 C all-purpose flour
1 Tbsp baking powder
½ tsp salt

Dressing:

1 lb. Heartland Catfish nuggets
7 C crumbled cornbread
1 yellow onion, chopped
2 stalks celery, chopped
1 red bell pepper, chopped
2 large eggs, beaten
3 Tbsp butter
4 C vegetable broth
2 tsp garlic powder
2 tsp onion powder
2 tsp salt
1 tsp cracked black pepper
2 tsp Old Bay seasoning
1 lb. lump crab meat

For the Homemade Cornbread (*make at least one day ahead of time*):

PREHEAT the oven to 400 degrees. **GREASE** an 8×8 pan with cooking spray. **MELT** butter in a 1-quart saucepan over low heat. In a large bowl, beat the melted butter, milk and egg with a whisk until well combined. **ADD** the cornmeal, flour, sugar, baking powder and salt. Stir until combined but still lumpy. **POUR** the batter into the greased pan, using a spatula. Spread the batter evenly. **BAKE** for 20 to 25 minutes or until the top is golden brown.

For the Dressing:

PREHEAT the oven to 300 degrees. **GREASE** a baking dish with cooking spray and place cornbread inside; bake for 30 minutes then let cool. **TURN** the heat up to 350 degrees. Once cornbread has cooled, toss it into a large mixing bowl.

PLACE a large pan on the stovetop and turn the heat to medium. **MELT** 2 Tbsp of butter in the pan and sauté chopped vegetables until translucent, then add to the mixing bowl with the cornbread and mix until incorporated evenly.

RETURN the pan to medium heat and add 1 Tbsp of butter. **COOK** the catfish nuggets, flipping after 5 minutes, then shredding in the pan with the spatula. **ADD** the catfish, crab meat, garlic powder, onion powder, pepper, salt and Old Bay seasoning to the mixing bowl, folding together to combine. **POUR** in the vegetable broth and beaten eggs and mix until well combined. **BUTTER** a 9×13 casserole dish and pour the dressing inside. **SMOOTH** the top of the stuffing and cover the baking dish with aluminum foil. **BAKE** for 40 minutes, then remove the foil and bake for 10 minutes. Let rest 5 minutes before serving.

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CATFISH LOADED BAKED POTATO



CATFISH LOADED BAKED POTATO

Serves 8

Ingredients:

1 lb. Heartland Catfish fillets	½ C milk
8 Russet potatoes	1 can (10.5 oz) condensed cream of celery soup
2 slices bacon	½ tsp garlic powder
1 medium onion, chopped	¼ tsp dried thyme
12 oz frozen mixed vegetables	¼ tsp pepper
1 jar (4 oz) sliced mushrooms, drained	¼ tsp hot sauce

PREHEAT your oven to 425 degrees. **WASH** potatoes and pat dry. **PIERCE** potatoes all over with a fork, then wrap each individually in foil and place on a baking sheet. **BAKE** potatoes for 1 hour, or until potatoes are soft to the touch.

While potatoes are baking, begin making your catfish filling. **COOK** bacon in a saucepan over medium heat, until crisp; drain on paper towel. **CRUMBLE** bacon and set aside. Keep 1 tablespoon of bacon fat in the saucepan. **COOK** chopped onion in the bacon fat for 2 to 3 minutes, stirring occasionally, until onion becomes translucent. **STIR** in remaining ingredients except the catfish and cooked bacon. **HEAT** to boiling, then reduce heat to medium. **STIR** in the catfish and cook uncovered for about 10 minutes, stirring occasionally, until the catfish flakes easily.

REMOVE potatoes from foil when done and place each in a bowl. **CUT** horizontally to create a pocket for the catfish filling, then spoon catfish filling into each of the potatoes evenly. **TOP** with bacon crumbles and serve.

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CATFISH TACOS WITH AVOCADO RANCH DRESSING



CATFISH TACOS WITH AVOCADO RANCH DRESSING

Serves 4

Ingredients:

2 Heartland Catfish fillets
1 Yellow Bell Pepper, sliced
1 Orange Bell Pepper, sliced
½ Red Onion, sliced
½ Pint of Grape Tomatoes, halved
1 Jalapeño, sliced
2 Cloves of Garlic, sliced

1 Lime
5 Tbsp Olive Oil
2 tsp Cumin
2 tsp Paprika
Salt and Pepper, to taste
Warmed Tortillas
Fresh Cilantro Leaves

Dressing:

1 Avocado, mashed
8 oz. of Sour Cream
1 Package of Ranch Dressing Mix

PREHEAT your oven to 425 degrees. **COMBINE** sliced bell peppers and red onion, 1-2 tsp of olive oil, ½ tsp of cumin, ½ tsp of paprika, salt and pepper in a medium bowl. Toss the mixture to coat. **COMBINE** sliced jalapeño and garlic, halved grape tomatoes, 1-2 tsp of olive oil, juice from half a lime, salt and pepper in a small bowl. Toss the mixture to coat. **PLACE** 2 Heartland Catfish fillets in the center of a foil-lined baking sheet. **SEASON** the fillets with 1 tsp of cumin, 1 tsp of paprika, salt and pepper, then drizzle each with 1 Tbsp of olive oil. Flip the fillets to season the other side with remaining spices. **ADD** the seasoned peppers and onions to one side of the baking sheet, and add the seasoned tomatoes, jalapeño and garlic to the other side of the baking sheet. **BAKE** in pre-heated oven for 15-20 minutes, stirring the vegetables once to ensure even cooking. **COMBINE** avocado, sour cream and ranch dressing mix in a medium bowl, while the taco filling cooks. Stir to combine. **FLAKE** the catfish into chunks once the filling has finished cooking. **PLACE** the catfish and vegetable mixtures into a warmed tortilla. Dress with avocado ranch dressing, lime juice and fresh cilantro, to taste.

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CATFISH GUMBO DIP



CATFISH GUMBO DIP

Serves 8

Ingredients:

1 pound Heartland Catfish fillets
¼ C + 2 Tbsp butter
6 green onions, sliced
2 celery ribs, chopped
1 red bell pepper, chopped
1 green bell pepper, chopped
1 garlic clove, pressed
2 tsp Creole seasoning
1 tsp salt
1 tsp pepper

1 (8-oz.) package cream cheese
¾ C sliced canned okra
½ C + 2 Tbsp grated Parmesan cheese
2 Tbsp chopped fresh flat-leaf parsley

For Serving:

French bread / baguette chips / vegetables

HEAT a large skillet over medium heat. **MELT** 2 Tbsp of butter in the skillet, then place catfish fillets in the pan. Sprinkle 1 tsp Creole seasoning, salt and pepper onto fillets, covering evenly. **COOK** each side for 5-8 minutes or until catfish is fully cooked through. Place on a dish to the side to cool, then flake fillets with two forks. **PREHEAT** the oven to 400 degrees. **MELT** the rest of the butter in a deep pan over medium heat, then add celery, green onions and bell peppers. Sauté the vegetables, stirring occasionally, for 6-8 minutes or until peppers are tender. **STIR** in flaked catfish, garlic and remaining Creole seasoning; combine, stirring occasionally, for 2 minutes. **REDUCE** heat to low and add cream cheese, stirring until the cheese is melted. **REMOVE** from heat and stir in the okra and ½ cup Parmesan cheese. Drain some of the liquids out and pour the mixture into an 8x5 baking dish. Cover with remaining Parmesan cheese. **BAKE** for 25-30 minutes or until the top is golden and bubbly. Sprinkle with the fresh parsley and serve with bread, vegetables or your favorite dip accessories.

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BLACKENED CATFISH



BLACKENED CATFISH

Serves 4

Ingredients:

1 Pound Heartland Catfish fillets

¼ C butter

1 Tbsp smoked paprika

1 Tbsp ground pepper

1 tsp garlic powder

1 tsp seasoned salt

1 tsp onion powder

1 tsp dried oregano

1 tsp cayenne powder

½ tsp dried thyme

PREHEAT oven to 400 degrees. **COMBINE** all dry ingredients on a shallow plate. **MELT** butter and brush catfish fillets, coating both sides. **PRESS** fillets into the spice mix, rotating to coat. **PLACE** on lined baking sheet and bake 15-17 minutes, or until flaky and evenly browned. **SERVE** with fresh green salad and a slice of lemon.

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