
CATFISH

Catfish from Maryland are available from two distinct sources: the Bay and rivers (which produce channel catfish) and farms or ponds. Catfish are known for their firm, sweet white meat and, like other Maryland finfish, they may be prepared in a variety of ways.

Catfish can be purchased in fresh or frozen fillets. Purchase fresh fillets that are shiny and moist. Frozen fillets should be air-tight without crystals inside the package. Catfish should have a pleasant, fresh scent.

Catfish are nutritious. A 3-ounce cooked portion contains 124 calories, 4.5 grams of fat, 62 mg cholesterol and 19 grams of protein.

BROILED CATFISH FILLETS

<i>1 pound catfish fillets</i>	<i>4 teaspoons Parmesan cheese</i>
<i>4 teaspoons margarine (soft spread type)</i>	<i>2 teaspoons lemon pepper seasoning</i>
<i>4 teaspoons fresh lemon juice</i>	

Place fillets on top of aluminum foil on a baking pan. Spread margarine evenly over each fillet. Sprinkle with lemon juice, lemon pepper seasoning and Parmesan cheese. Broil for 5 to 10 minutes depending on the thickness of the fillet. Fish is done when it flakes easily with a fork. Serves 4.

OVEN-FRIED CATFISH

<i>1 pound catfish fillets</i>	<i>¼ teaspoon dry mustard</i>
<i>2 tablespoons oil</i>	<i>¼ teaspoon thyme</i>
<i>2 tablespoons white wine vinegar</i>	<i>⅛ teaspoon salt</i>
	<i>1 cup plain bread crumbs</i>

Heat oven to 450°F. Mix together oil, white wine vinegar and seasonings. Dip fillets in mixture and dredge through breadcrumbs. Bake fish until it flakes easily when tested with a fork (or 10 minutes per inch of thickness of fish). Serves 4.

SPICY PAN-FRIED CATFISH

<i>1 pound catfish fillets</i>	<i>¼ teaspoon onion powder</i>
<i>½ cup yellow cornmeal</i>	<i>1 cup milk</i>
<i>1 teaspoon paprika</i>	<i>2 tablespoons peanut oil (or vegetable oil), enough to coat the bottom of skillet</i>
<i>½ teaspoon salt</i>	
<i>½ teaspoon celery salt</i>	
<i>½ teaspoon pepper</i>	
<i>¼ teaspoon dry mustard</i>	

Combine cornmeal and seasonings. Dip fish fillets in milk, and then roll in seasoned cornmeal. Place fillets in a single layer in hot oil in a skillet. Fry on moderate high heat for 3 to 5 minutes, or until light brown. Turn carefully and continue cooking another 3 to 5 minutes or until fish are golden and flakes easily when tested with a fork. Drain on absorbent paper towels. Serves 4.

MARYLAND STYLE BREADED CATFISH

<i>1 pound catfish fillets</i>	<i>2 tablespoons seafood seasoning</i>
<i>2 tablespoons flour</i>	<i>2 tablespoons oil</i>
<i>2 tablespoons plain breadcrumbs</i>	

Mix together flour, breadcrumbs and seafood seasoning. Dredge catfish fillets in flour mixture. Heat oil in electric skillet at 300°F or in frying pan on medium-high heat.

Brown catfish for 2 minutes on each side (just to brown breadcrumbs). Remove from heat. Drain excess oil on paper towels. Place in baking dish or pan and bake at 450°F for 7 to 9 minutes, or until fish turns milky white. Serves 4.

DILLY CATFISH

<i>1 pound catfish fillets</i>
<i>mayonnaise (or mayonnaise substitute)</i>
<i>dill</i>

Spread a thin layer of mayonnaise on both sides of catfish fillets. Place in baking dish or lined baking pan. Sprinkle dill on the top side of the fillet. Bake at 450°F for 10 minutes for each inch of thickness of fillet. Serves 4.

CATFISH CAPER

1 pound catfish fillets
country-style Dijon mustard
capers

Evenly spread country-style Dijon mustard on both sides of catfish fillets. Place fillets in baking dish or on lined baking pan. Sprinkle capers on the top side of fillets. Bake at 450°F for 10 minutes per inch of thickness of fillets. Serves 4.

ITALIAN STYLE BREADED CATFISH

<i>1 pound catfish fillets</i>	<i>¼ teaspoon oregano</i>
<i>½ teaspoon garlic powder</i>	<i>2 tablespoons flour</i>
<i>½ teaspoon onion powder</i>	<i>2 tablespoons breadcrumbs</i>
<i>¼ teaspoon coarse black pepper</i>	<i>2 tablespoons oil</i>

Mix together dry ingredients. Dredge catfish fillets in flour mixture. Heat oil in electric skillet at 300°F or in frying pan on medium-high heat.

Brown catfish for 2 minutes on each side (just to brown breadcrumbs). Remove from heat. Drain excess oil on paper towels. Place in baking dish or pan and bake at 450°F for 7 to 9 minutes, or until fish turns milky white. Serves 4.

CATFISH MUSTARTAR

<i>1 pound catfish fillets</i>	<i>2 tablespoons tartar sauce</i>
<i>2 tablespoons mustard</i>	<i>salt to taste</i>

Place fillets on aluminum foil or baking pan. Mix together mustard and tartar sauce. Spread evenly on catfish fillets. Sprinkle with salt, to taste. Broil fish 5 to 10 minutes, depending on the thickness of the fillets. Fish is done when it flakes easily with a fork. Serves 4.
