

# Award-winning recipes quick, easy

Here are some prize-winning farm-raised catfish recipes from the Catfish Institute's national "Farm-Raised Catfish Meals in Minutes" contest.

The contest challenged consumers nationwide to test their culinary creativity with farm-raised catfish — the country's fifth most popular fish.

Contestants were asked to submit an original, easy-to-prepare recipe featuring farm-raised catfish which could be prepared in 30 minutes or less (including preparation and cooking time) with readily available ingredients. Each dish was judged on its taste, creativity, ease of preparation, cooking time and appearance.

The winners, one from each of six regions in the country, received prize packages, and a

\$1,000 check from the Catfish Institute.

## OVEN FRIED CATFISH WITH PINEAPPLE CHUTNEY

1 pound farm-raised catfish fillets  
2 tablespoons lemon juice  
1/4 cup evaporated skim milk  
1/2 cup corn flake crumbs  
2 teaspoons canola oil  
Pineapple Chutney  
1 can (8 ounces) crushed pineapple  
1/2 cup chopped green apple  
1/2 cup chopped red pepper  
3 tablespoons sugar  
2 tablespoons cider vinegar  
2 tablespoons instant minced onion  
1/4 teaspoon curry powder  
1/4 teaspoon mustard seeds  
Heat oven to 450 degrees F. Spray

baking pan with non-stick coating set aside. Sprinkle catfish with lemon juice. Dip fillets in milk, then roll in crumbs. Arrange fillets in prepared pan; drizzle with oil. Bake about 8-10 minutes or just until fish flakes easily. Garnish with chutney.

For pineapple chutney: In small saucepan, combine all the ingredients; simmer, stirring 5 minutes. Serves 4.  
Recipe submitted by: Richard Michael Rizzio, Troy, Mich.

## ORANGE ROSEMARY POACHED CATFISH FILLETS

1 tablespoon cooking oil  
2 tablespoons diced red onion  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/4 cup fresh orange juice  
1/4 teaspoon grated orange

zest  
1/4 teaspoon dried rosemary, crushed  
1/4 pounds genuine U.S. farm-raised catfish fillets  
Orange slices for garnish (optional)

In larger skillet, heat oil over medium heat and cook onion for 5 minutes, until soft but not brown. Sprinkle on salt and pepper and add orange juice, orange zest and rosemary; stir and cook for one minute. Add catfish. Lower heat to medium low. Cover tightly and cook for 8-10 minutes, until fish is opaque.

Remove catfish to serving plate and spoon sauce from skillet over. Garnish with orange slices if desired. Serves 4.

Recipe submitted by: Alma N. Carey, Sarasota, Fla.



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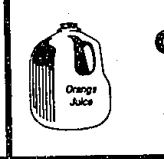
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