

Tonight, take the kids fishing for dinner.



Everyone knows the importance of seafood in a healthy diet. So why not get the best for your family. American Pride Seafoods and Southern Pride Catfish of Greensboro produce premium quality products your whole family will enjoy. When pride is your middle name, you know it's prepared right.

Try other favorite seafood products like our premium catfish fillets, marinated catfish fillets or premium breaded catfish.



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Creole Catfish Cakes

INGREDIENTS

1 pound American Pride catfish fillets
6 tablespoons butter
3/4 cup flour
2 cups milk
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon dry mustard
1-1/2 cups bell pepper, finely chopped
1/2 cup green onions, finely chopped
1/2 teaspoon Tabasco
1-1/2 cups fresh breadcrumbs

DIRECTIONS

1. Broil or grill catfish fillets over medium heat, about 5 minutes per side, or until flesh flakes with fork. Allow fillets to cool
2. Melt butter in heavy saucepan. Add the flour. Stir constantly for 2 to 3 minutes, while the roux bubbles. Add the milk slowly, continuing to stir until the cream sauce is thick, 10 to 12 minutes.
3. Add salt, pepper and mustard, mixing well.
4. Flake catfish fillets into a bowl. Add the cream sauce and the remaining ingredients, mixing thoroughly.
5. Use the fish mixture immediately or refrigerate for up to 2 days.
6. Using a large spoon, make cakes with fish mixture and coat them completely with more fresh breadcrumbs.
7. Using a heavy skillet, sauté the patties gently in 1 tablespoon butter, until they are browned.
8. Keep warm while you continue cooking the cakes, adding more oil and butter as needed.



Why cook dinner when you can catch it?



Marinated catfish fillets



Premium breaded catfish



Premium catfish fillets



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Dolly Parton's Catfish and Fixin's

INGREDIENTS

Vegetable oil	1 pint buttermilk	1 medium onion, chopped	Potatoes
4 Catfish fillets	1 large box cornbread mix	1-2 eggs	

DIRECTIONS

1. Heat vegetable oil in skillet
2. Season fish to taste. Dredge the fish pieces in buttermilk, then cornbread mix. Deep fry fish in vegetable oil until golden brown on the bottom, turn and continue frying until the other side is golden brown. Remove from skillet and place in a warm oven.
3. Make a batter out of remaining buttermilk & cornbread mix. Add onion and eggs. Mold the hush puppies and deep fry in vegetable oil. Then put them in warm oven with fish.
4. Peel and cut potatoes into french fries. Deep fry in vegetable oil. Remove and salt and pepper to taste.
5. Serve all of the above with your favorite cole slaw.

