



RECIPE

CORNMEAL CRUSTED CATFISH & CRAB INGREDIENTS

12 EA.	FRESH CATFISH FILLETS, 5-6 OZ.	1/2 CUP	CORNMEAL
1 LB	LUMP CRAB MEAT, TAIL & CLAW BLEND	2 EA.	EGGS
		1/4 CUP	HEAVY CREAM

METHOD

- STEP 1** - Dust the catfish on one side with the cornmeal; then roll together with the crabmeat to form a roulade.
- STEP 2** - Form in a muffin tin to hold the roulade shape.
- STEP 3** - Bake in oven till browned and cooked through.
- STEP 4** - Salt & Pepper to Taste

WHITE CHEDDAR GRITS INGREDIENTS

1 LB	STONED GROUND GRITS	1/4 CUP	HEAVY CREAM
2-3 CUP	CHICKEN BROTH	1 CUP	SHREDDED WHITE CHEDDAR

METHOD

- STEP 1** - Bring chicken broth to a boil.
- STEP 2** - Add grits and reduce heat. Simmer for approximately 20 minutes. Stir occasionally. (Add additional chicken stock if needed).
- STEP 3** - When completely cooked, remove from heat. Add heavy cream, cheese, and seasoning.
- STEP 4** - Salt & Pepper to Taste