**CORNMEAL CRUSTED CATFISH & CRAB INGREDIENTS**

- 12 EA. FRESH CATFISH FILLETS, 5-6 OZ.
- 1 LB LUMP CRAB MEAT, TAIL & CLAW BLEND
- 1/2 CUP CORNMEAL
- 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
- 2-3 CUP CHICKEN BROTH
- 1/4 CUP HEAVY CREAM
- 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