
CATFISH NUGGETS

Recipe Booklet



GK Productions LLC





MISSISSIPPI CATFISH CORN CAKES

YIELD: 6 servings/12 cakes

PORTION: 2 x 3-oz. cooked catfish cakes

INGREDIENTS	WEIGHT	MEASURE	METHOD
U.S. Farm-Raised Catfish Nuggets	1 1/2 lb.	3 cups	<ol style="list-style-type: none"> 1. Rinse and pat catfish nuggets dry. 2. Place nuggets in bowl of food processor and pulse until coarsely chopped. Place in bowl.
Cornbread crumbs Mayonnaise Corn kernels, chopped Onion, minced Peppers, bell, green and red, minced Parsley, minced Eggs, lightly beaten Hot pepper sauce Jalapeno pepper, seeded, minced Salt Pepper, black, ground	10 oz.	2 1/2 cups 1/2 cup 1/2 cup 1/4 cup 1/2 cup 1/4 cup 2 large 1 1/2 Tbsp. 1 Tbsp. 1 tsp. 1 tsp.	<ol style="list-style-type: none"> 3. In bowl with fish add all other ingredients; mix well. 4. Scoop out heaping #16 scoops (3+ oz.) and form into twelve 3-inch by 1/2-inch patties.
Cornmeal, yellow Pepper, black, ground	7 oz.	1 cup 1 tsp.	<ol style="list-style-type: none"> 5. In bowl mix cornmeal and pepper. 6. Coat both sides of each patty with cornmeal mixture.
Oil, corn or vegetable		As needed	<ol style="list-style-type: none"> 7. Pour 1/2-inch oil into a heavy skillet; heat to 340°F. Place catfish cakes into hot oil and cook 3-4 minutes or until golden brown. Turn and cook an additional 3-4 minutes or until browned evenly and cooked to an internal temperature of 140°F. Remove from oil, drain on absorbent toweling and keep warm until ready to serve.



NEW ORLEANS CATFISH CAKES

YIELD: 6 servings/12 cakes

PORTION: 2 x 3-oz. cooked catfish cakes

INGREDIENTS	WEIGHT	MEASURE	METHOD
U.S. Farm-Raised Catfish Nuggets	1 1/2 lb.	3 cups	1. Rinse and pat catfish nuggets dry. 2. Place nuggets in bowl of food processor and pulse until coarsely chopped. Place in bowl.
Breadcrumbs, fresh Mayonnaise Celery, finely chopped Onion, finely chopped Peppers, bell, green, finely chopped Parsley, minced Eggs, lightly beaten Hot pepper sauce Salt Pepper, black, ground Thyme, dry, leaf	12 oz.	3 cups 1/2 cup 1/3 cup 1/3 cup 1/3 cup 1/3 cup 2 large 2 Tbsp. 1 1/2 tsp. 1 1/2 tsp. 1 tsp.	3. In bowl with fish add all ingredients; mix well. 4. Scoop out heaping #16 scoops (3+ oz.) and form into twelve 3-inch by 1/2-inch patties.
Flour, all-purpose Pepper, black, ground	2 oz.	1/2 cup 1 tsp.	5. In bowl mix flour and pepper. 6. Coat both sides of each patty with flour-pepper mixture.
Oil, vegetable		As needed	7. Pour 1/2-inch oil into a heavy skillet; heat to 340°F. Place catfish cakes into hot oil and cook 3-4 minutes or until golden brown. Turn and cook an additional 3-4 minutes or until browned evenly and cooked to an internal temperature of 140°F. Remove from oil, drain on absorbent toweling and keep warm until ready to serve.



SMOKED CATFISH CAKES

YIELD: 6 servings/12 cakes

PORTION: 2 x 3-oz. cooked catfish cakes

INGREDIENTS	WEIGHT	MEASURE	METHOD
Smoked U.S. Farm-Raised Catfish Nuggets, coarsely chopped	1 1/2 lb.	3 cups	1. Rinse and pat catfish nuggets dry. 2. Place nuggets in bowl of food processor and pulse until coarsely chopped. Place in bowl.
Breadcrumbs, fresh Mayonnaise Scallions, finely chopped Prepared horseradish Eggs, lightly beaten Hot pepper sauce Salt	10 oz.	2 1/2 cups 1/2 cup 1/2 cup 2 1/2 Tbsp. 2 large 1 Tbsp. 1/2 tsp.	3. In bowl with fish add all ingredients; mix well. 4. Scoop out heaping #16 scoops (3+ oz.) and form into twelve 3-inch by 1/2-inch patties.
Panko crumbs		1/2 cup	5. Coat both sides of each patty with panko crumbs evenly.
Oil, vegetable		As needed	6. Pour 1/2-inch oil into a heavy skillet; heat to 340°F. Place catfish cakes into hot oil and cook 3-4 minutes or until golden brown. Turn and cook an additional 3-4 minutes or until browned evenly and cooked to an internal temperature of 140°F. Remove from oil, drain on absorbent toweling and keep warm until ready to serve.



CHIPOTLE LIME CATFISH CAKES

YIELD: 6 servings/12 cakes

PORTION: 2 x 3-oz. cooked catfish cakes

INGREDIENTS	WEIGHT	MEASURE	METHOD
U.S. Farm-Raised Catfish Nuggets	1 1/2 lb.	3 cups	1. Rinse and pat catfish nuggets dry. 2. Place nuggets in bowl of food processor and pulse until coarsely chopped. Place in bowl.
Breadcrumbs, fresh Tortilla crumbs Mayonnaise Scallions, finely chopped Red peppers, finely chopped Cilantro, minced Chipotle in adobo, finely chopped Eggs, lightly beaten Lime juice Salt Pepper, black, ground Thyme, dry, leaf	8 oz. 3 1/2 oz. 4 oz.	2 cups 1 cup 1/2 cup 1/2 cup 1/3 cup 1/3 cup 1 Tbsp. 2 large 2 Tbsp. 1 1/2 tsp. 1 1/2 tsp. 1 tsp.	3. In bowl with fish add all ingredients; mix well. 4. Scoop out heaping #16 scoops (3+ oz.) and form into twelve 3-inch by 1/2-inch patties.
Flour, all-purpose Cornmeal, yellow Pepper, black, ground		1/4 cup 1/4 cup 1 tsp.	5. In bowl mix flour, cornmeal and pepper. 6. Coat both sides of each patty with flour-cornmeal mixture.
Oil, vegetable		As needed	7. Pour 1/2-inch oil into a heavy skillet; heat to 340°F. Place catfish cakes into hot oil and cook 3-4 minutes or until golden brown. Turn and cook an additional 3-4 minutes or until browned evenly and cooked to an internal temperature of 140°F. Remove from oil, drain on absorbent toweling and keep warm until ready to serve.

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RANCH-STYLE POPCORN CATFISH

YIELD: 2 lb./1 1/2 qt. PORTION:

INGREDIENTS	WEIGHT	MEASURE	METHOD
U.S. Farm-Raised Catfish Nuggets, cut into 1-inch pieces	2 lb.	1 qt.	1. Rinse and pat dry catfish nugget pieces.
Ranch dressing powder Flour, all-purpose		1/2 cup 1/4 cup	2. In bowl mix flour and dry ranch dressing powder. 3. Add catfish nugget pieces to ranch flour mixture, a small batch at a time, and toss to coat completely.
Buttermilk Ranch dressing powder Eggs, lightly beaten Hot sauce	4 oz.	2/3 cup 1/4 cup 2 large 2 Tbsp.	4. In bowl mix buttermilk, ranch dressing powder, eggs and hot sauce. 5. Dip coated catfish pieces in buttermilk flavored with hot sauce.
Breadcrumbs, dry, seasoned	9 oz.	2 cups	6. Drain catfish pieces and toss in breadcrumbs to coat well.
Oil, vegetable, for frying		As needed	7. Heat oil in deep fat fryer to 350°F. Add coated catfish pieces, in small batches, and fry 3-4 minutes or until golden brown and completely cooked through. Drain and serve with additional ranch dressing for dipping.



LEMON PEPPER POPCORN CATFISH

YIELD: 2 1/4 lb./2 qt PORTION:

INGREDIENTS	WEIGHT	MEASURE	METHOD
U.S. Farm-Raised Catfish Nuggets, cut into 1-inch pieces	2 lb.	1 qt.	1. Rinse and pat dry catfish nugget pieces.
Flour, all-purpose Lemon pepper seasoning		1/2 cup 3 Tbsp.	2. In bowl combine flour and seasoning. 3. Add catfish nugget pieces to flour mixture, a small batch at a time, and toss to coat completely.
Egg, lightly beaten Water	4 oz.	2 large 1 Tbsp.	4. In bowl mix eggs and water. 5. Dip flour-coated catfish in egg mixture and drain.
Panko crumbs Lemon pepper seasoning	7 oz.	1 qt. 1 Tbsp.	6. In bowl mix panko and seasoning. 7. Toss dipped catfish pieces in seasoned panko crumbs to coat thoroughly.
Oil, vegetable, for frying		As needed	8. Heat oil in deep fat fryer to 350°F. Add coated breaded pieces, in small batches, and fry 3-4 minutes or until golden brown and completely cooked through. Drain and serve with ranch dressing for dipping.



BUFFALO POPCORN CATFISH

YIELD: 1 3/4 lb./2 qt. PORTION:

INGREDIENTS	WEIGHT	MEASURE	METHOD
U.S. Farm-Raised Catfish Nuggets, cut into 1-inch pieces	2 lb.	1 qt.	1. Rinse and pat dry catfish nugget pieces.
Flour, all-purpose Pepper, red, ground		1/3 cup 1 tsp.	2. In bowl mix flour and pepper. 3. Add catfish nugget pieces to flour mixture, a small batch at a time, and toss to coat completely.
Eggs, lightly beaten Hot pepper sauce Pepper, black, cracked Salt	4 oz.	2 large 1/4 cup 1 Tbsp. 1 1/2 tsp.	4. In bowl combine eggs, hot sauce, pepper and salt. Add coated catfish pieces and toss to completely coat.
Panko crumbs Flour, all-purpose Salt Pepper, black, cracked	7 oz.	1 qt. 1/2 cup 2 tsp. 2 tsp.	5. Mix crumbs, flour, salt and pepper. 6. Drain catfish pieces and toss in seasoned crumb-flour mixture to evenly coat.
Oil, vegetable, for frying		As needed	7. Heat oil in deep fat fryer to 350°F. Add coated breaded pieces, in small batches, and fry 3-4 minutes or until golden brown and completely cooked through. Drain and serve with extra hot sauce and/or creamy blue cheese dressing for dipping.



CAJUN POPCORN CATFISH

YIELD: 2 1/2 lb./2 qt. PORTION:

INGREDIENTS	WEIGHT	MEASURE	METHOD
U.S. Farm-Raised Catfish Nuggets, cut into 1-inch pieces	2 lb.	1 qt.	1. Rinse and pat dry catfish nugget pieces.
Blackened seasoning mixture Flour, all-purpose		1/4 cup 1/4 cup	2. In bowl combine blackened seasoning and flour. 3. Add catfish nugget pieces to flour mixture, a small batch at a time, and toss to coat completely.
Eggs, lightly beaten Breadcrumbs, dry Cornmeal Blackened seasoning mixture	8 oz. 7 oz.	4 large 1 1/2 cups 3/4 cup 1 1/2 Tbsp.	4. Mix crumbs, cornmeal and blackened seasonings. 5. Dip catfish in eggs. 6. Drain and coat catfish pieces evenly in crumb-cornmeal mixture.
Oil, vegetable, for frying		As needed	7. Heat oil in deep fat fryer to 350°F. Add coated breaded pieces, in small batches, and fry 3-4 minutes or until golden brown and completely cooked through. Drain and serve with a spicy Remoulade sauce for dipping.



HONEY MUSTARD POPCORN CATFISH

YIELD: 2 1/2 lb./2 1/2 qt. PORTION:

INGREDIENTS	WEIGHT	MEASURE	METHOD
U.S. Farm-Raised Catfish Nuggets, cut into 1-inch pieces	2 lb.	1 qt.	1. Rinse and pat dry catfish nugget pieces.
Flour, all-purpose Dry mustard	.	1/2 cup 1 Tbsp.	2. In bowl mix flour and mustard. 3. Add catfish nugget pieces to flour mixture, a small batch at a time, and toss to coat completely.
Honey mustard dressing		1 1/4 cups	4. In bowl place honey mustard. Add catfish nugget pieces and toss to completely coat. Cover and refrigerate 1-2 hours.
Pretzels, ground Dry mustard Pepper, black, ground	10 oz.	3 cups 2 Tbsp. 1 tsp.	5. Mix pretzels, pepper and mustard. 6. Drain and coat catfish pieces evenly in pretzel crumb mixture.
Oil, vegetable, for frying		As needed	7. Heat oil in deep fat fryer to 350°F. Add coated breaded pieces, in small batches, and fry 3-4 minutes or until golden brown and completely cooked through. Drain and serve with honey-mustard dressing for dipping.



COCONUT POPCORN CATFISH

YIELD: 2 1/2 lb./2 1/2 qt. PORTION:

INGREDIENTS	WEIGHT	MEASURE	METHOD
U.S. Farm-Raised Catfish Nuggets, cut into 1-inch pieces	2 lb.	1 qt.	1. Rinse and pat dry catfish nugget pieces.
Flour, all-purpose Salt, Kosher Pepper, black, ground	4 oz.	1 cup 1 1/2 tsp. 1 tsp.	2. In bowl mix flour, salt and pepper. 3. Add catfish nugget pieces to flour mixture, a small batch at a time, and toss to coat completely.
Egg, whites, lightly beaten	6 oz.	6 large	4. Drop flour-coated catfish pieces into egg whites and drain.
Coconut, shredded	1 lb. 5 oz.	2 qt.	5. Place coconut in a bowl and toss catfish pieces evenly in coconut to coat completely.
Oil, vegetable, for frying		As needed	6. Heat oil in deep-fat fryer to 350°F. Add coconut-coated catfish pieces, in small batches, and fry 1-2 minutes or until golden brown. Drain. 7. Lay cooked catfish on a parchment lined sheet pan and bake/roast in a pre-heated 350°F. oven 4-5 minutes or until completely cooked through. Serve hot with a duck sauce or sweet sauce.