

Great Louisiana Seafood



This sumptuous sandwich features wild Louisiana catfish.

(NAPSA)—Many people are looking for simple, nutritious and easy-to-prepare recipes—and seafood can be a fresh alternative to meat and poultry.

Fortunately, preparing a tasty seafood meal is easier than you might imagine—if you have a little inspiration and fresh, premium quality ingredients from the Gulf.

Chef Keith Frenz of LOLA Restaurant, winner of the 5th annual Louisiana Seafood Cook-Off and culinary ambassador for the Louisiana Seafood Promotion & Marketing Board (LSPMB), used such ingredients to create his winning dish.

“It was important for me to use products from the local farmers market and wild-caught Louisiana catfish because you don’t see them very often on menus,” said Frenz, who was crowned King of Louisiana Seafood.

Chef Frenz offers another of his delicious recipes for Blackened Catfish Sandwich which may give you the confidence you need to make seafood a regular part of your home cooking repertoire.

Blackened Catfish Sandwich

Yield: 4 servings

1 cup paprika
2 Tbsp. black pepper

2 Tbsp. white pepper
3 Tbsp. cayenne pepper
1 tsp. sugar
¼ tsp. kosher salt
½ Tbsp. granulated garlic
½ Tbsp. granulated onion
¼ cup mayonnaise
¼ cup Dijon mustard
8 slices French bread
4 2-oz. pieces wild Louisiana catfish
2 beefsteak tomatoes, sliced
5 oz. spring salad mix
Sliced pickles

Combine spices; set aside. Combine mayonnaise and mustard; set aside.

Toast bread until crisp. Coat nonstick skillet with olive oil. Preheat over medium-high heat. Generously rub fish pieces with seasoning mix. Place in skillet and cook 3–4 minutes per side until cooked through.

Spread bread with mayonnaise mixture. Place fish on half of the bread slices. Top with tomato, salad mix and pickles. Place remaining bread on top of each portion to complete sandwich. Press lightly and serve immediately.

For more information and Louisiana seafood recipes, visit LSPMB’s website at louisiana-seafood.com.