

Fish Facts & Fancies

Versatile Catfish

(NAPSA)—U.S. Farm-Raised Catfish is a tasty choice that can be prepared in a variety of ways—often in less than 30 minutes. Its convenience and versatility make catfish a terrific catch—during Lent and throughout the year.



**Savor the flavor of U.S.
Farm-Raised Catfish.**

Catfish Allison

**6-8 U.S. Farm-Raised Catfish
fillets**

**1 cup grated Parmesan
cheese**

**½ cup butter or margarine,
softened**

6 Tbsp. mayonnaise

**6 green onions, finely
chopped**

½ tsp. Worcestershire sauce

Generous dash of hot sauce

1. Place cheese, butter, mayonnaise, green onions, Worcestershire sauce, and hot sauce in bowl and mix thoroughly. The mixture can be made 24 hours in advance and refrigerated; soften at room temperature before using.

2. Preheat broiler.

3. Poach catfish fillets, two or three at a time, in skillet of lightly simmering water for 4 to 5 minutes. Lift fillets from water with a slotted spatula and set aside to drain.

4. Place fillets in a baking pan in a single layer. Spread 2 Tbsp. of cheese mixture over each fillet. Broil for 2 or 3 minutes or until cheese browns and fish flakes easily when tested with a fork. Spoon left-over cheese over each fillet before serving.