



CATFISH PARMESAN

- 2 pounds farm raised catfish fillets**
- 1 cup sour cream**
- ¼ cup Parmesan cheese**
- 1 Tablespoon lemon juice**
- 1 Tablespoon grated onion**
- ½ teaspoon salt**
- Dash hot pepper**
- Paprika**

Place catfish fillets in a single layer in a well greased 13 x 9 x 2 baking dish. Combine remaining ingredients except paprika. Spread sour cream mixture over fish. Sprinkle with paprika. Bake at 350 degrees for 20 to 25 minutes. Do not over cook.

CALIFORNIA FISH TACO

- Fresh fish - any kind will do (I like catfish, bream, perch or bass)**
- Shredded red cabbage**
- Homemade Tartar Sauce**
- Flour tortillas, warmed**
- Lemon wedges for garnish**

Cut fish in finger-size strips. To fry see Southern Fried Fish. These are just wonderful and different. Put several pieces of hot, crispy fried fish in flour tortilla. Top with a generous dollop of tartar sauce. Layer with cabbage. You are going to want another!



SOUTHERN

What a treat!

- Fresh fish fillets (small or large)**
- Prepared Cornmeal**
- well sea salt, pepper**
- red pepper**
- Fresh pepper**
- frying**
- Lemon slices**
- garnish**
- Homemade sauce**
- Hushpuppy**
- up**