



Creole Catfish Fresca

Catfish plays an important role in Louisiana’s food culture and tradition. It’s not uncommon to find Louisianans gathered for a Sunday fish fry with catfish or to discover local restaurants featuring Catfish Acadiana on the menu. Served with an optional garden vegetable Fresca Sauce. (See separate recipe.)

Recipe Project Name: Fiscal Year 2021 Cohort B Team Nutrition Training Grant for School Meal Recipe Development
Louisiana Department of Education, St. Tammany Parish Public Schools

Preparation Time: 30 minutes
Cook Time: 15 minutes

NSLP/SBP crediting information: 1 fillet provides 2 oz eq meat/meat alternate.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Catfish, fillets, fresh or frozen	10 lb		20 lb		<ol style="list-style-type: none"> 1. If using frozen catfish, thaw it under refrigeration two days in advance. Critical Control Point: Hold at or below 41 °F. 2. Prepare Creole seasoning blend, measure amount needed for recipe, and set aside. 3. Preheat convection oven to 350 °F or conventional oven to 375 °F. 4. Inspect catfish for bones and remove as needed. Spray 2-inch-deep full-size pans (20 ¾" x 12 ¾" x 2") with pan release. Place catfish filets in a single layer in pans. Do not overcrowd the pans. The number of pans needed may vary due to size of catfish filets.
Creole seasoning blend, school-made (see attached recipe)		¼ cup		½ cup	
Margarine, no salt added, melted	9 oz	1 cup	1 lb 2 oz	2 cups	
Breadcrumbs, panko style	12 oz	1 qt	1 lb 8 oz	2 qt	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					For 50 servings, use approximately 6 pans. For 100 servings, use approximately 12 pans.
Parsley, dried		3 Tbsp		$\frac{3}{8}$ cup	5. In a mixing bowl, combine melted margarine, breadcrumbs, parsley, school-made Creole seasoning blend, and garlic. Mix to combine.
Garlic, granulated		2 Tbsp		$\frac{1}{4}$ cup	6. Use a packed No. 40 scoop (approx. 2 Tbsp), to portion panko mixture evenly on top of each filet. Gently press and spread to cover each filet. 7. Bake uncovered in convection or conventional oven until topping is lightly browned and fish flakes easily, approximately 10-15 minutes. Critical Control Point: Heat to 145 °F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher. 8. To serve, portion $\frac{1}{4}$ cup Fresca Sauce using a No. 16 scoop (see separate recipe) and place 1 catfish filet on top. Another option is to serve Fresca Sauce on top of the filet.



**CREOLE CATFISH FRESCA
NUTRITION INFORMATION**

For 1 filet

NUTRIENTS	AMOUNT
Calories	276
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Total Fat	15 g
Saturated Fat	3 g
Cholesterol	94 mg
Sodium	238 mg
Total Carbohydrate	7 mg
Dietary Fiber	0.6 g
Total Sugars	0.6 g
Added Sugars included	N/A
Protein	28 g
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Vitamin A	330 mcg RAE
Vitamin C	0.2 mg
Vitamin D	N/A
Calcium	32 mg
Iron	0.95 mg
Potassium	N/A

N/A=data not available.

NOTES

1 lb AP catfish fillets yields approximately 5 (2 oz) EP portions cooked catfish.

Optional, serve Fresca Sauce with this recipe.

Note: Optional ingredients are not included in the recipe nutrient analysis. Addition of optional ingredients may change crediting and/or nutrition information.

The food safety temperatures are based on the FDA Food Code. Some information included in this guide may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Cooking Process #2: Same Day Service

YIELD/VOLUME

50 Servings	100 Servings
50 filets (2 oz cooked serving)	100 filets (2 oz cooked serving)

SOURCE:

FY 2021 Cohort B Team Nutrition Training Grant



Creole Seasoning Blend

Makes about 12 oz (2 ½ cups 2 Tbsp)

Garlic, granulated	½ cup	<p>Critical Control Point: No bare hand contact with ready to eat food.</p> <ol style="list-style-type: none"> Whisk all ingredients together in a large bowl. Transfer to a plastic seasoning container and store in a cool, dry location until ready to use. <p><i>Note: Be sure to use granulated garlic, not garlic powder, to make sure product will sprinkle freely.</i></p>
Paprika	½ cup	
Smoked Paprika	½ cup	
Chili Powder	¼ cup	
Black Pepper, ground	¼ cup	
Cayenne Pepper	2 Tbsp 2 tsp	
Onion Powder	2 Tbsp	
Celery Salt	1 Tbsp 1 tsp	
Dry Mustard	1 Tbsp 1 tsp	
Thyme Leaves, dried	1 Tbsp 1 tsp	
Oregano Leaves, dried	1 Tbsp	