

## Cornmeal-Crusted Catfish with Pecan Butter Sauce

Makes 4 servings.

### INGREDIENTS:

- 1 cup organic milk
- 4 U.S. farmed catfish fillets (about 6 oz each)
- 1 cup yellow cornmeal
- 1/4 teaspoon blackened spice mix
- 1/4 teaspoon sea salt
- 1/8 teaspoon black pepper
- 2 tablespoons olive oil
- 1 tablespoon organic butter
- 2 tablespoons fresh lemon juice
- 1/4 cup finely chopped pecans
- 1/4 cup finely chopped parsley

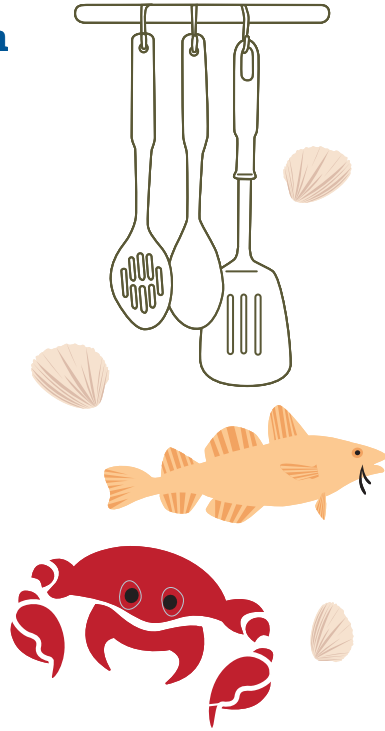
### DIRECTIONS:

1. Place milk in a small bowl and add catfish, turning to coat.
2. In another bowl, combine cornmeal, spices, salt and pepper. Dip catfish fillets into cornmeal mixture, pressing to adhere crumbs.
3. Heat olive oil in heavy large skillet over medium-high heat. Add catfish fillets and cook until coating is golden brown and crispy and dish is opaque in center, about 2 1/2 minutes per side.
4. Remove catfish from pan and set aside; add butter to pan and reduce heat. When butter just begins to foam, add lemon juice, pecans and parsley, stirring. Cook until golden, taking care not to burn. Season with salt and pepper to taste, and remove from heat.
5. Pour sauce over catfish and enjoy warm.



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