

## U.S. Farm-Raised Catfish a lá Meunière

*When something is cooked a lá meunière, it means in the style of the miller and implies that the food has been dredged in flour.*

4 U.S. farm-raised catfish fillets  
½ cup flour  
2 Tbsp. butter  
2 Tbsp. olive oil  
½ t. salt  
½ t. pepper  
Sauce:  
¼ cup butter, melted  
1 t. capers  
½ t. Worcestershire sauce  
1 Tbsp. lemon juice

Mix salt, pepper, and flour. Heat butter and oil in a skillet. Dredge fish fillets in seasoned flour and fry until golden brown about 3 minutes. Turn fish over and brown the second side. Mix the melted butter, capers, Worcestershire sauce, and lemon juice. Drizzle sauce over the fish.

National Aquaculture Association

PO Box 1647, Pine Bluff, Arkansas, 71613

Phone: 870-850-7900 Fax: 870-850-7902 Email: [naa@thenaa.net](mailto:naa@thenaa.net)