

Catfish Parmesan

2/3 cup freshly grated Parmesan cheese
1/4 cup flour
1/2 teaspoon salt
1/4 teaspoon pepper
1 teaspoon paprika
1 egg, beaten
1/4 cup milk
2 pounds catfish fillets
1/4 butter, melted
1/3 cup sliced almonds

Combine the cheese, flour, salt, pepper and paprika in a bowl and mix well. Combine the egg and milk in a bowl and blend. Dip each catfish fillet in the egg mixture and then in the cheese mixture to coat all sides. Arrange in a single layer on a greased baking sheet. Drizzle with the butter and sprinkle with the almonds. Bake at 350 degrees for 35 to 40 minutes. 4 servings.

Tip: Tilapia also works well in this recipe!

Garlic Shrimp

2 dozen large, fresh shrimp
1/4 cup olive oil
1/4 cup chopped, fresh parsley
3 cloves minced garlic
1/2 teaspoon Cayenne pepper
1/4 teaspoon black pepper
1/4 cup butter, melted
1/2 cup French breadcrumbs, toasted
1/2 cup fresh grated Parmesan cheese

Peel shrimp and place in 11x7 baking dish. Combine parsley and next three ingredients. Sprinkle over shrimp. Cover with foil and bake at 300 degrees for 15 minutes. Turn shrimp over, drizzle with butter. Sprinkle with breadcrumbs and cheese. Bake uncovered 5-10 minutes. 4 servings.

Courtesy of:
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