



The Catfish Cookbook

Barry Fast

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THE CATFISH COOKBOOK contains more than 100 creative ways to prepare this versatile fish. Long a favorite in the South, catfish now is farm raised and widely available in supermarkets throughout the country. There is something here for every taste. there are recipes for old-fashioned fried catfish and hush puppies from Southern restaurants famous for catfish cooking. The book features prize winning recipes from the annual Catfish Cooking Contest sponsored by the Catfish Farmers of America. Try your hand at Catfish Cantonese, Catfish Caribbean en Papillote, or even Catfish Pizza!

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