



THE CATFISH INSTITUTE

Catfish Kitchen

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- Cooking Catfish
- Family Recipes
 - Ethnic
 - Spicy
 - Poached
 - Quick & Easy
 - 10 Ingredients...
 - Soups & Salads
 - Grilled & Broiled
- Appetizers
- Fried
- Southern
- Baked
- Sautéed
- Featured Recipe
- Recipe Printing Tips

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Spanish Catfish Paella (Click photo to enlarge)



- 2 cups chicken stock or canned broth
- 2 cups water
- 1/2 teaspoon saffron
- 1/2 pound chorizo, thinly sliced (see Note)
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 green or red bell peppers, cut into strips
- 6 sun-dried tomatoes (or 2 medium fresh tomatoes, chopped)
- 2 cups converted rice
- 2 teaspoons salt
- 1/2 teaspoon cayenne pepper
- 2 U.S. Farm-Raised Catfish fillets, cut into 1 1/2-inch cubes
- 1 pound medium shrimp, shelled and deveined
- 1 pound fresh mussels, well scrubbed
- 1 9-ounce package frozen artichoke hearts, thawed
- 1 cup frozen green peas, thawed

1. Preheat the oven to 375°F.
2. Mix chicken stock, water and saffron in a medium saucepan to a simmer over medium-high heat. Remove from the heat.
3. Brown the sausages in a large, oven-proof skillet over medium heat turning sausage once. Using a slotted spoon, remove sausage from the pan and set aside. Add olive oil to the skillet and heat. Add onion and sauté until translucent. Stir in garlic, bell peppers, tomatoes, and rice, tossing to coat with the oil. Add the chicken stock mixture, cayenne pepper and the sausage and bring to a boil. Reduce to medium-low, cover with a tight-fitting lid or aluminum foil and simmer for 10 minutes. Uncover and remove from the heat.

4. Arrange catfish fillet pieces, shrimp, mussels and artichokes cooked rice, pushing them down into it. Sprinkle peas over top. Place the skillet in the oven and bake for 20 minutes.

Handwritten notes:
 1/2 tsp saffron
 1/2 lb. chorizo
 1 med onion
 2 cups yellow? converted rice
 2 cloves garlic
 1 green pepper
 1 red pepper
 2 med tomatoe
 1/2 lb shrimp, raw
 1 lb scallops raw
 1 cup frozen peas (artichoke)
 9oz froz vegies (hearts?)

Handwritten notes:
 Bring heat from
 Add onion and tomatoes, and heat
 over the mixture