



**SIMMONS  
FARM RAISED  
CATFISH**

## Mrs. Sybil's Catfish Baked with Cheese



### INGREDIENTS

6 Simmons Delacata Style Catfish or 5-7 oz. Fillets  
1 cup freshly grated Parmesan cheese  
½ cup all-purpose flour  
1 teaspoon paprika  
1 egg, lightly beaten  
1 tablespoon milk  
½ cup melted butter  
¼ cup sliced almonds  
freshly ground pepper to taste  
salt to taste, if desired

---

**Prep Time:** 15 m

**Cook Time:** 30 m

**Ready in:** 45 m

**Servings:** 6

---

1. Preheat the oven to 350 degrees.
2. Wipe the catfish dry.
3. Blend together the cheese, flour, salt, pepper and paprika.
4. Combine the egg and milk in a flat dish.
5. Dip the fillets in the egg mixture and then coat with the cheese mixture. Arrange the fillets in one layer in a lightly buttered

baking dish and pour the butter over fish. Sprinkle with the almonds. Place in the oven and bake 25-30 minutes.

*Mrs. Sybil Arant's recipe has been a long time favorite in the Simmons home. We bring this one out for special occasions. Craig Claiborne even featured this recipe in his New York Times column in 1981. Mrs. Sybil and Craig Claiborne hail from the same Delta hometown of Sunflower, Mississippi.*