



EAT MORE FISH 2024 BLUE CATFISH EDITION

Wild Blue Catfish Coconut Sliders

With Mango Slaw and Sriracha Mayo



Serves: 4 people
Prep time: 25 minutes

ITEM	INGREDIENTS	AMOUNT	PREPARATION
Sriracha Mayo	Kewpie Mayo	2 Tbsp	Mix and reserve.
	Sriracha	1 Tbsp	Easy 2:1 ratio, so make more if needed and enjoy!
Mango Slaw	Slaw Mix	1 Bag, 12oz	Pre-cut cabbage/carrot
	Cilantro	¼ bunch	Wash, chop
	Scallions	5-6	Clean, slice on bias, green part only
	Garlic	2-3 cloves	Grate or chop
	Mango Salsa	¾ Cup	Pre-made, commercial product
	Mirin	2 Tbsp	
	Lime juice	½ lime	Squeeze to add the juice
	Sugar	½ Tbsp	Add more if desired/needed
	Salt	Season to taste	
	Pepper	Season to taste	
	Combine Ingredients in order, adjust seasoning to taste, and reserve. Refrigerate until ready to serve if preparing ahead. Makes enough for the sliders with some left over to enjoy as a side dish.		
Wild Blue Catfish Coconut Sliders	Fillet	1 Lb.	Cut into 4 to 5 equal portions - roughly 3 oz. each. Season with salt and pepper.
	Sweetened Coconut	1 Cup	Combine the coconut with the breadcrumbs
	Flakes		

Panko	1 Cup	Place the mixture into a container for dredging
Breadcrumbs		
All Purpose Flour	1½ Cup	Place into a container for dredging
Eggs	2	Crack open into a bowl
Water	2 Tbsp	Add to cracked eggs and whisk
Salt	Season to taste	
Pepper	Season to taste	
Frying Oil*	Enough to reach ½ to ⅔ of the fish.	
Slider Size	4 pieces	
Potato Rolls		
*Pre-heat your oil in a shallow pan wide enough to accommodate all the fillets without crowding. The ideal cooking temperature is 350°F (~175°C).		

For breading:

- Create a breading station using three containers: one for flour, a second for the egg mixture, and a third for the coconut and breadcrumb mixture.
- One at a time, place the seasoned fillets in the flour, coating both sides evenly. Remove and pat to shake off excess flour.
- Place fillets in the egg mixture (referred to as egg wash) and coat both sides thoroughly. Remove and allow excess egg wash to drip free.
- Place fillets in the panko/coconut/breadcrumb mixture. With the fillets lying flat, cover with the mixture and press firmly to coat the fillet completely.
- Gently place breaded fillets in the 350°F (~175°C) oil and cook for 3-5 minutes on each side (based on thickness and oil temperature). Turn only once to finish cooking. Catfish fillets should be golden brown, crispy, moist, and tender on the inside. Remove and reserve on a paper towel lined plate to drain any excess oil.
- Pro Tip – If you have small pieces of catfish left over from the initial cutting, bread and fry as a tester to determine frying time. The finished product should have a crispy crust and moist/tender inside. If the crust is dark and meat is dry, it is over cooked.

Assemble

Toast the potato rolls, spread top and bottom buns with sriracha mayo, add mango slaw to cover the bottom bun completely. Finally, place golden brown and delicious fillet on top of slaw and top with bun. **Eat and enjoy!**



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