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# Broiled Catfish Fillet with Lump Crabmeat Saute`

*Chef Patrick Mould*

*www.LafayetteTravel.com*

Servings: 2

1. *Be careful not to overcook.*

2. *Use only fresh crabmeat, not frozen.*

**2 6 to 8 ounce catfish fillets**

## **MARINADE**

**1 tablespoon olive oil**

**1/2 teaspoon garlic powder**

**1/2 teaspoon onion powder**

**1 tablespoon lemon juice**

**1/4 teaspoon paprika**

**1/4 teaspoon black pepper**

**1/4 teaspoon salt**

## **SAUCE**

**2 tablespoons butter**

**1 tablespoon lemon juice**

**1/4 cup white wine**

**1/2 teaspoon salt**

**1/4 teaspoon black pepper**

**1/4 teaspoon garlic powder**

**1/4 teaspoon onion powder**

**1 pound lump crabmeat**

In a bowl, combine the crabmeat and olive oil, 1/2 teaspoon of garlic powder, 1/2 teaspoon of onion powder, one teaspoon of lemon juice, 1/4 teaspoon of paprika, 1/4 teaspoon of black pepper and 1/4 teaspoon of salt. Marinate the fillets for several hours.

Preheat the oven to 350 degrees.

Place the fillets on a greased baking pan. Broil in the oven for about 12 minutes until the catfish is white and flaky.

Make the sauce: Place the butter, lemon juice, white wine, salt, black pepper, garlic powder and onion powder into a saute' pan. Simmer for 5 minutes. Gently stir in the lump crabmeat, being careful not to break up the lumps. Saute' for 2 more minutes.

Place the broiled catfish on serving plates. Top with the crabmeat sauce.

Serve.

## **Seafood**

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*Per Serving (excluding unknown items): 542 Calories; 25g Fat (44.4% calories from fat); 68g Protein; 4g Carbohydrate; trace Dietary Fiber; 300mg Cholesterol; 1653mg Sodium. Exchanges: 0 Grain(Starch); 9 Lean Meat; 0 Fruit; 3 1/2 Fat.*