

Bullheads are excellent eating if you place the fish in a cooler of ice as you catch them and remember to remove all dark red meat along the lateral. Here are a couple of great recipes you can try:

### **Bullhead Po'boys**

6 large crusty rolls

1 cup catsup

3 dashes Tabasco sauce

1 tablespoon prepared mustard

1 tablespoon minced onion

6 fried bullhead fillets

Dill pickles

Cut rolls in half, lengthwise, scoop out the soft centers and place in the oven until hot but not crispy. Combine catsup, Tabasco, mustard and onion. Spread a hot roll with this mixture, then top with catfish, dill pickles and the top of the roll. Serves 6.

### **Baked Bullheads Almondine**

1/2 cup whole almonds, toasted

3 tablespoons cornmeal

2 tablespoons grated Parmesan cheese

2 tablespoons fresh parsley, chopped

1 tablespoon flour

Salt and freshly ground black pepper, to taste

2 tablespoons fresh lemon juice

2 pounds bullhead fillets

Parsley sprigs and lemon wedges for garnish

Grind the almonds and combine with the cornmeal, Parmesan cheese, flour, salt and pepper. Sprinkle the lemon juice over the catfish and coat the fillets thoroughly with the almond mixture. Place the fillets on a baking sheet and bake at 400 degrees for 8 minutes or until fish flakes easily with a fork. Serves 4 to 8.

