

## Catfish Roulade

4 6oz Catfish Filets  
1lb small or medium shrimp  
(peeled & deveined, reserve  
shells)  
1/4 cup heavy cream  
2 egg yolks  
3 egg whites  
1/4 cup each chopped  
carrots, celery, onion &  
parsley  
2 t Tilghman Island New Bay  
Spice\*  
Salt & pepper to taste

Place shrimp, egg yolks,  
seasonings, carrots, onion &  
celery in the work bowl of a  
food processor, Process until  
smooth (small pieces of  
vegetables should still be  
visible)

Beat egg white until stiff but  
not dry

Fold into shrimp mixture add  
parsley

Cut each filet lengthwise in  
half

Spread with shrimp mousse  
Roll loosely & secure with a  
skewer

Place on a buttered baking  
dish, baste with butter  
squeeze fresh lemon over  
each piece.

Bake until fish is just cooked

through about 12 minutes.  
Serve with shrimp sauce  
(recipe follows)

### Shrimp Sauce

Roast reserved shells until  
they are bright pink.  
Place in a pot with ½ onion,  
2 ribs celery, 1 carrot roughly  
chopped.  
Cover with cold water.  
Bring to a boil & simmer 45  
minutes  
Strain

Saute 2 minced shallot in 2 T  
of olive  
Add 1/4 cup white wine  
Reduce till syrupy  
Add 1 cup shrimp stock, salt,  
pepper & 1/2t New Bay  
Reduce by half.  
Add 1 cup heavy cream.  
Reduce by half.  
Adjust seasoning

#### **\*Tilghman Island New Bay**

##### **Seasoning**

1 T paprika	½ t thyme
1 t cayenne pepper	½ t oregano
1 t garlic powder	1 t salt
½ t white pepper	½ t celery salt