

SPOTLIGHT RECIPE



Ingredients

Makes 6 servings

- Canola oil, for frying
- 1/2 cup (1 stick) unsalted butter
- 2 garlic cloves, smashed
- 2 French bread baguettes, long, soft crust
- 6 catfish fillets, 6 ounces each
- Sea salt and freshly ground black pepper
- 1 cup milk
- 1 large egg
- 1 cup yellow cornmeal
- 1/2 cup all-purpose flour
- Pinch of cayenne
- Sliced pickles
- Coleslaw of your choice
- Hot sauce, for serving
- Lemon wedges, for serving

Fried-Catfish Po' Boy

- Pour about 3 inches of oil in a deep-fryer or large, heavy pot and heat to 375 F. Preheat the oven to 250 F. Melt the butter in a small saucepan over medium-low heat. Add the smashed garlic and swirl around to infuse the garlic into the butter. Slice the French bread in half lengthwise, and then brush the top and insides with the garlic butter. Put the bread in the oven for 5 minutes to warm it.
- Season both sides of the catfish fillets with a fair amount of salt and pepper. In a wide bowl, mix the milk and egg together; season with the salt and pepper. Mix the cornmeal, flour, cayenne, salt and pepper in a pie dish using a fork. Dip the catfish in the wet batter, and then dredge in the dry mix; be sure to cover the fillets completely. Gently drop the fish in the hot oil in batches so the pan is not overcrowded. Fry the fillets for 3 minutes, and then drain them on a platter lined with paper towels; sprinkle them with salt. To assemble the sandwich, put the pickles across the bottom half of the bread, lay the fried catfish on top. Spoon slaw on top of the catfish and close up the sandwich with the top half of the bread. Cut into portions and serve immediately with hot sauce and lemon on the side.