



Celebrating Food, Art & Culture



CORNMEAL-CRUSTED CATFISH

Servings: 6

Ingredients

- 1/2 teaspoon granulated garlic
- 1/2 teaspoon onion powder
- 1/2 teaspoon curry powder
- 1/2 teaspoon Spanish paprika
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 1/2 cup all-purpose flour
- 2 cups fine-ground yellow cornmeal
- 2 cups grapeseed oil
- Six 4-ounce catfish fillets

Directions

In a mixing bowl, combine the granulated garlic, onion powder, curry powder, Spanish paprika, cayenne pepper, black pepper, salt, flour and cornmeal. Mix until combined; set aside.

Heat the grapeseed oil in a large nonstick frying pan over medium-high heat until the temperature on a deep-frying thermometer reaches 350 F.

Dredge the fillets in the cornmeal mixture and shake off the excess. Place the fillets into the frying pan.

Cook for 3 minutes on each side, and then remove from the frying pan. Keep hot until ready to serve.

Side dishes

Sweet Potato Fries
Coleslaw