



## CORNMEAL-CRUSTED CATFISH

### Servings: 6

#### Ingredients

For the catfish

- 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

### Servings: 8

For the spicy remoulade

- 1 1/4 cups mayonnaise
- 2 ounces fresh lemon juice
- 2 tablespoons spicy brown mustard
- 1 tablespoon smoked paprika
- 1 tablespoon fresh parsley, finely chopped
- 1 tablespoon prepared horseradish
- 1 tablespoon Sriracha hot sauce
- 1 teaspoon cayenne pepper
- 1 teaspoon granulated garlic
- 1 teaspoon ground black pepper
- 1 teaspoon celery salt

### Directions

For the catfish

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.

For the spicy remoulade

In a medium bowl, whisk together all of the ingredients until combined. Cover and keep refrigerated until ready to serve with the catfish.

### Side dishes

Sweet Potato Fries  
Coleslaw

