

U.S. Farm-Raised Classic Southern Fried Catfish

The lack of small bones and the mild flavor of catfish make it ideal for families with small children and older adults.

8 medium U.S. farm-raised catfish fillets
½ cup buttermilk
2 eggs
1 cup yellow or white cornmeal
1 cup all-purpose flour
Seasoning to taste: salt, ground black pepper, garlic powder, onion powder, cayenne pepper
Vegetable oil

Fill deep fryer with vegetable oil and heat to 350° F. Rinse the catfish fillets and then pat dry. Beat eggs well, then add buttermilk and mix well; set aside. Mix cornmeal, flour, and seasonings in a flat dish. Soak fillets in egg and buttermilk mixture for approximately 5 minutes. 2-3 at a time, remove the fillets from the mixture, gently shake off excess, and roll in cornmeal and flour. Gently drop fillets into deep fryer and cook until golden brown. Remove and drain on paper towels. Serve with hot sauce.

This recipe can also be prepared using deep oil in a frying pan and turning the fillets halfway through the cooking process.

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