

# Fried Catfish

## Ingredients

2 1/2 lbs. catfish fillets, skinned and cut in half if large  
1 1/2 cups finely ground white or yellow cornmeal  
1 tsp. ground pepper  
1/2 tsp. cayenne (optional)  
oil for deep frying  
seafood or tartar sauce  
1 tsp. salt  
milk

## Directions

Wash and thoroughly dry fillets; place in a bowl with milk to cover and set aside. Mix cornmeal and seasonings together in a pie plate. One at a time, remove fillets from milk and coat evenly with cornmeal mixture. Arrange on wax paper and dry in refrigerator for 1 hour.

Fry fish in oil at 375° F., a few at a time, about 3 minutes on each side, until brown. Drain well on paper towels, remove to a large platter and keep hot by placing in a 200° F. oven. Serve your favorite seafood sauce or tartar sauce.  
Serves 6.

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610-670-2500

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