

Southern Fried Catfish

Jacob · 28/09/2024

**Prep Time**

30 mins

Difficult

Medium

Servings

2

Description

This fried catfish recipe is a classic Southern dish traditionally served with buttermilk hush puppies and buttermilk coleslaw

Ingredients

- - ½ cup buttermilk - ½ cup water - salt and pepper
- to taste - 1 pound catfish fillets
- cut in strips - 1 ½ cups fine cornmeal - ½ cup all-purpose flour - 1 teaspoon seafood seasoning
- such as Old Bay™ - 1 quart vegetable oil for deep frying

Instructions

1. Mix buttermilk
2. water
3. salt
4. and pepper in a small bowl. Pour mixture into a flat pan large enough to hold fillets. Arrange fillets in a single layer in the pan
5. turning to coat each side. Set aside to marinate. Combine cornmeal
6. flour
7. and seafood seasoning in a 2-gallon resealable plastic bag. Add fillets to the bag
8. a few at a time
9. and tumble gently until evenly coated. Heat oil in a deep fryer to 365 degrees F (185 degrees C). Fry fillets in hot oil until crisp and golden brown
10. about 3 minutes. Work in batches to avoid overcrowding
11. so fillets have room to brown properly. Drain on paper towels. Editor's Note The nutritional analysis for this recipe reflects an estimated 10% of the oil for frying as well as the full amount of the coating and breading. Therefore
12. the values represented may not be accurate.