



Fried Catfish Nuggets

Savannah · 29/09/2024



Prep Time

8 hrs

Difficult

Medium

Servings

8 hrs 35 mins

Description

These catfish nuggets are chunks of golden brown crispy catfish. Serve with ketchup or tartar sauce.

Ingredients

- - 2 pounds catfish fillets
- cut into 1 1/2-inch pieces - 2 tablespoons dried thyme leaves - 1 cup spicy brown mustard - 1 quart vegetable oil for frying - 2 cups all-purpose flour - 1 teaspoon salt - 1 teaspoon black pepper - 1 teaspoon baking soda

Instructions

1. Place catfish pieces into a mixing bowl and sprinkle with thyme leaves; toss to coat. Mix in mustard with your hands. Cover and refrigerate for 8 hours to overnight. Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Whisk together flour
2. salt
3. black pepper
4. and baking soda in a large bowl. Dip catfish pieces
5. one at a time
6. into flour mixture and shake off excess. Working in batches
7. fry catfish nuggets in hot oil until no longer translucent in the center and outside is golden brown
8. 3 to 4 minutes. Drain on a paper towel-lined plate. Let oil come back up to temperature between batches.
Editor's Note The nutrition data for this recipe includes the full amount of the breading ingredients. The actual amount of the breading consumed will vary. We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
9. ingredient density
10. and the specific type of oil used.