

Thoughtful Thursday
FRIED CATFISH

- 10 catfish fillets, cut in pieces
- safflower oil, for deep frying
- 1 cup milk
- 2 eggs, beaten
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon cayenne pepper
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 tablespoons brown sugar
- 2½ cups all purpose flour
- 1½ cups cornmeal

1. Preheat oil to 350 degrees in a deep fryer. Cut catfish fillets in pieces & set aside. In a small bowl, beat milk & eggs together. In a second bowl combine salt, pepper, cayenne, garlic, onion & brown sugar. In a third bowl combine flour & cornmeal.
2. First, dip each piece of fish into the egg mixture. Then, sprinkle each piece with the seasoning mixture. Finally, coat each piece with the flour mixture.
3. Deep fry fish in small batches, without overcrowding. Cook for 3-4 minutes per batch or until golden brown. Lay fish on paper towels to drain excess oil.

servings: 8 / prep time: 15 minutes / cook time: 15 minutes