

SOUTHERN FRIED CATFISH

1/4 cup cornmeal
2 Tbsp white bread, crumbled
1/4 tsp salt
1/4 black pepper
1/8 tsp cayenne pepper
1 egg

1 Tbsp water
1 lb Pangasius fish fillet, 5 – 7 ounce
fillets, frozen
1 Tbsp oil, olive/canola in a 90/10 blend
4 lemon wedges

Combine cornmeal, breadcrumbs, salt, black and cayenne pepper in a bowl. Stir to blend. Combine egg with water, whip until smooth. Cut catfish into 2 oz portions. Dip fish fillet in egg mix, then cornmeal mixture to lightly coat. Heat oil in pan. Add fish and cook until golden brown, about 3 minutes per side until internal temperature reaches 145 degrees F. Portion 2 fillets with one lemon wedge in each serving dish. Serving size 4.

