

Fried Catfish



Serving: 4 Prep: 10 minutes



Preparing Time: min



Total Duration: min

Ingredients

- ♦ 4 catfish fillets
- ♦ 1 cup cornmeal
- ♦ Salt
- ♦ pepper
- ♦ Oil

Directions

- ♦ Coat fish in cornmeal.
- ♦ Fry in hot oil.
- ♦ Drain and serve warm.
- ♦ Equipment: Skillet
- ♦ Nutrition: Protein 33g, Carbs 20g, Fat 26g

Notes

Crisp catfish coated in cornmeal and fried. A simple dish linked to river life in the South.

