



Deep Fried Thin-Sliced Catfish

By Chef Jeremy Langlois

Ingredients :

2 large whole catfish fillets
Milk
1 gallon vegetable oil
2 cups yellow cornmeal
2 1/4 teaspoons salt
1 teaspoon black pepper
1/2 teaspoon cayenne pepper
optional

Procedure :

Slice catfish filets across the grain in 1/8- to 1/4-inch thin slices. Wash the fillets under cold water and pat dry. Cover fillets with milk and set aside.

Preheat oil in the cooker to 375 degrees. In a paper bag, mix together cornmeal, salt, and peppers. Dredge the fish in the cornmeal mixture, lay flat and allow to dry for a few minutes.

Fry 4 to 6 pieces at a time for about 5 to 7 minutes or until golden brown.

Drain on paper towels and serve.