



Paul's Supermarket
A Fresh Experience!

Pan Fried Catfish Filets



Rated: ★★★★★

Submitted By: EHOLT

Photo By: Soup Loving Nicole

Prep Time: 30 Minutes

Cook Time: 15 Minutes

Ready In: 45 Minutes

Servings: 4

"Catfish rolled in cornmeal, cayenne pepper, onion powder and paprika, then fried in olive oil to a golden brown. Serve with lemon wedges."

INGREDIENTS:

1 cup cornmeal	1/3 cup extra virgin olive oil
2 teaspoons ground cayenne pepper	4 (4 ounce) fillets catfish
2 teaspoons paprika	1 cup milk
1 teaspoon onion powder	4 cloves garlic, minced

DIRECTIONS:

1. In a mixing bowl, stir together cornmeal, cayenne pepper, paprika and onion powder. Mix well. Pour mixture onto a large sheet of waxed paper.
2. Heat oil in a large skillet over medium heat.
3. Pour milk into a medium bowl. Dip catfish filets into milk and hold up and let the milk drip off. Roll the milk-soaked filet in the cornmeal mixture until completely covered. Set aside.
4. Fry the garlic in the hot skillet, but do not burn. Add the coated catfish filets and cook for 5 to 7 minutes on each side, sprinkling salt on the fish after each turn. Cook until golden brown and fish flakes easily with a fork. Drain on paper towels.

Pairs great with a Chardonnay, Pinot Grigio, or Sauvignon Blanc!