



Southern Roots Cookbook  
RECIPE CARD

# Fried Catfish



## INGREDIENTS LIST

- Catfish Fillets: 4
- Buttermilk
- Kosher Salt: 1¼ teaspoons
- Black Pepper: 2 teaspoons
- White Pepper: 1 teaspoon
- Onion Powder: 1 teaspoon
- Garlic Powder: 1 teaspoon
- Paprika: 1 teaspoon
- Cayenne Pepper: ½ teaspoon
- Vegetable Oil: 1 quart

## COOKING DIRECTIONS

1. Wash and pat dry the fillets.
2. Place the fillets in a large bowl and add the buttermilk.
3. Cover the bowl with plastic and refrigerate for 10-15 minutes.
4. In a large cast iron pan add oil and heat to 350 degrees F.
5. Mix thoroughly in a small bowl the salt, white & black pepper, onion powder, garlic powder, and cayenne pepper. This is your fry season mixture.
6. In a freezer bag or brown paper bag, add the cornmeal and fry season mixture. Shake the bag to mix thoroughly.
7. Remove fish from the buttermilk on to a sheet pan and add to the fish with fry seasoning/cornmeal mixture. Completely coating the fillets. Discard the buttermilk.
8. Fry the fish for 10 minutes on each side until the fish reaches an internal temperature of 145 degrees F and is golden brown.
9. Drain excess oil and season with kosher salt or lemon pepper to taste immediately and enjoy with some hot sauce, tartar sauce, or yellow mustard (my mom's favorite way to eat fried fish). Oh, and do not forget the white bread!!!

**Note:** You can make this plant-base by using heart of palms instead of fish. You can replace the buttermilk with combining 1 cup of plant-base milk or dairy milk, 1 tablespoon of lemon juice, 1 tablespoon of white vinegar, and 1 ¾ tablespoon of cream of tartar.

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