



Classic Fried Catfish

READY IN



500 min.

SERVINGS



8

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups buttermilk
- ☐ 24 oz catfish fillets
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon ground pepper red
- ☐ 0.3 teaspoon hot sauce
- ☐ 0.3 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal (corn flour)

- ☐ 8 servings vegetable oil; peanut oil preferred
- ☐ 2 teaspoons salt
- ☐ 0.3 cup cornmeal plain yellow

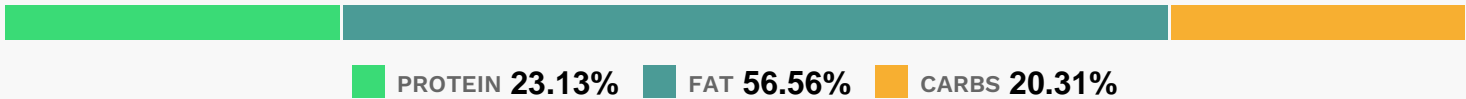
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Whisk together buttermilk and hot sauce.
- ☐ Place catfish in a single layer in a 13- x 9-inch baking dish; pour buttermilk mixture over fish. Cover and chill 8 hours, turning once.
- ☐ Combine cornmeal and next 6 ingredients in a shallow dish.
- ☐ Let fish stand at room temperature 10 minutes.
- ☐ Remove from buttermilk mixture, allowing excess to drip off. Dredge fish in cornmeal mixture, shaking off excess.
- ☐ Pour oil to depth of 2 inches into a large, deep cast-iron or heavy-duty skillet; heat to 36
- ☐ Fry fish, in batches, 2 minutes on each side or until golden brown.
- ☐ Transfer to a wire rack on a paper towel-lined jelly-roll pan. Keep warm in a 225 oven until ready to serve.
- ☐ *All-purpose flour or plain yellow cornmeal may be substituted.

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:6.5, Inflammation Score:-4, Nutrition Score:13.511738940426%

Nutrients (% of daily need)

Calories: 295.94kcal (14.8%), Fat: 18.56g (28.56%), Saturated Fat: 3.95g (24.68%), Carbohydrates: 15g (5%), Net Carbohydrates: 13.79g (5.01%), Sugar: 2.34g (2.61%), Cholesterol: 54.28mg (18.09%), Sodium: 669.28mg (29.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.08g (34.16%), Vitamin D: 11.22µg (74.77%), Vitamin B12: 2.1µg (35.06%), Phosphorus: 248.23mg (24.82%), Vitamin B1: 0.33mg (22.14%), Selenium: 15.27µg (21.81%), Vitamin E: 2.34mg (15.57%), Vitamin B3: 2.63mg (13.15%), Vitamin B2: 0.21mg (12.46%), Potassium: 414.4mg (11.84%), Magnesium: 37.61mg (9.4%), Vitamin B6: 0.19mg (9.37%), Vitamin B5: 0.9mg (8.97%), Folate: 32.83µg (8.21%), Manganese: 0.16mg (8.08%), Calcium: 73.22mg (7.32%), Zinc: 0.95mg (6.31%), Iron: 1.12mg (6.24%), Fiber: 1.21g (4.83%), Vitamin A: 232.53IU (4.65%), Copper: 0.08mg (3.87%), Vitamin C: 0.88mg (1.07%)