



## Cornmeal Fried Catfish with Rémoulade

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



932 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon pepper black as needed freshly ground plus more
- 0.5 cup cake flour
- 2 pounds catfish filets cut in half lengthwise
- 2 teaspoons ground pepper
- 0.5 cup cornmeal yellow finely
- 1 tablespoon kosher salt as needed plus more
- 4 servings lemon wedges for serving
- 1 teaspoon paprika

6 cups vegetable oil

## Equipment

frying pan

baking sheet

paper towels

whisk

wire rack

spatula


## Directions

Place the cornmeal, flour, cayenne, paprika, and measured salt and pepper in a shallow dish and whisk to evenly combine.

Heat the vegetable oil over medium heat in a 12-inch cast-iron skillet to 350°F. Line a baking sheet with several layers of paper towels and fit it with a wire rack; set aside. Use a paper towel to blot the fish pieces dry, season them on all sides with salt and pepper, then dredge them in the cornmeal mixture, being sure to cover all sides. Tap the fish pieces lightly to shake off any excess coating. Fry the fish in 3 to 4 batches, turning once, until they're deep golden brown and crisp on the outside with a flaky interior, about 6 minutes total. Using a slotted spatula, remove the fish to the prepared baking sheet and immediately season with salt.

Serve with lemon wedges and rémoulade.

## Nutrition Facts

 PROTEIN 17.65%  FAT 70.76%  CARBS 11.59%

## Properties

Glycemic Index:60, Glycemic Load:16.17, Inflammation Score:-8, Nutrition Score:29.839130712592%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 932.45kcal (46.62%), Fat: 73.48g (113.05%), Saturated Fat: 11.91g (74.42%), Carbohydrates: 27.07g (9.02%), Net Carbohydrates: 24.23g (8.81%), Sugar: 0.54g (0.6%), Cholesterol: 131.54mg (43.85%), Sodium: 1843.5mg (80.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.23g (82.47%), Vitamin D: 28.35µg (189%), Vitamin K: 122.38µg (116.55%), Vitamin B12: 5.06µg (84.29%), Phosphorus: 539.33mg (53.93%), Selenium: 36.12µg (51.61%), Vitamin E: 5.94mg (39.58%), Vitamin B1: 0.55mg (36.95%), Potassium: 931.48mg (26.61%), Vitamin B3: 5.12mg (25.58%), Vitamin B6: 0.42mg (21.18%), Manganese: 0.4mg (20.22%), Magnesium: 80.73mg (20.18%), Vitamin B5: 1.94mg (19.43%), Vitamin A: 779.04IU (15.58%), Zinc: 1.96mg (13.09%), Vitamin B2: 0.21mg (12.21%), Fiber: 2.84g (11.38%), Iron: 1.68mg (9.34%), Folate: 36.09µg (9.02%), Copper: 0.17mg (8.47%), Calcium: 41.47mg (4.15%), Vitamin C: 2.89mg (3.5%)