



Fried Catfish with Hush Puppies and Tartar Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



1204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup buttermilk
- ☐ 2 cups buttermilk
- ☐ 36 ounce catfish fillets
- ☐ 0.3 cup cornmeal
- ☐ 1.3 cups cornmeal
- ☐ 1 tablespoon dill pickle relish

- ☐ 1 large eggs lightly beaten
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 2 cups flour all-purpose divided
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon horseradish prepared
- ☐ 0.8 teaspoon juice of lemon fresh
- ☐ 0.3 cup canola mayonnaise organic (such as Spectrum)
- ☐ 3 tablespoons onion grated
- ☐ 8 cups vegetable oil; peanut oil preferred
- ☐ 0.1 teaspoon salt

Equipment

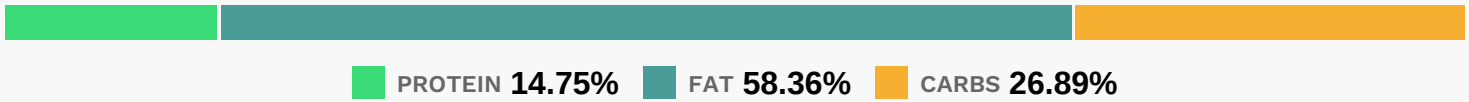
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ kitchen thermometer
- ☐ measuring cup
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ To prepare tartar sauce, combine first 6 ingredients. Cover and chill.
- ☐ To prepare catfish, clip a candy/fry thermometer to a Dutch oven; add oil to pan.
- ☐ Heat oil to 38
- ☐ Sprinkle fillets evenly with 1/2 teaspoon salt.
- ☐ Place 5 ounces (1 cup) flour in a shallow dish.
- ☐ Combine remaining 5 ounces (1 cup) flour, cornmeal, and black pepper in a shallow dish.

- ☐ Combine 2 cups buttermilk and 2 eggs in a shallow dish. Dredge fillets in flour; dip in buttermilk mixture. Dredge in cornmeal mixture; shake off excess breading.
- ☐ Place 2 fillets in hot oil; cook 5 minutes or until done, turning occasionally. Make sure oil temperature does not drop below 37
- ☐ Remove fillets from pan using a slotted spoon; drain on paper towels. Return oil temperature to 38
- ☐ Repeat procedure twice with remaining fillets.
- ☐ To prepare hush puppies, weigh or lightly spoon 4 ounces (3/4 cup) flour in dry measuring cups; level with a knife.
- ☐ Combine 4 ounces flour and remaining ingredients. Drop batter 1 tablespoonful at a time into pan; fry at 375 for 5 minutes or until browned, turning frequently.
- ☐ Remove hush puppies from pan using a slotted spoon; drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:108.17, Glycemic Load:51.67, Inflammation Score:-8, Nutrition Score:37.721304188604%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 1204.03kcal (60.2%), Fat: 77.93g (119.89%), Saturated Fat: 15.15g (94.68%), Carbohydrates: 80.77g (26.92%), Net Carbohydrates: 75g (27.27%), Sugar: 5.82g (6.47%), Cholesterol: 205.84mg (68.61%), Sodium: 419.29mg (18.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.32g (88.64%), Vitamin D: 22.99µg (153.29%), Selenium: 54.79µg (78.27%), Vitamin B12: 4.46µg (74.27%), Vitamin B1: 0.99mg (66.16%), Phosphorus: 661.1mg (66.11%), Vitamin E: 9.9mg (66.01%), Vitamin B2: 0.73mg (42.69%), Vitamin B3: 7.81mg (39.04%), Folate: 155.74µg (38.93%), Manganese: 0.77mg (38.35%), Iron: 5.13mg (28.47%), Potassium: 989.61mg (28.27%), Vitamin B6: 0.56mg (27.89%), Magnesium: 111.5mg (27.87%), Vitamin K: 27.8µg (26.48%), Vitamin B5: 2.57mg (25.71%), Fiber:

5.77g (23.09%), Zinc: 3.3mg (22%), Calcium: 200.51mg (20.05%), Copper: 0.3mg (14.77%), Vitamin A: 477.1IU (9.54%), Vitamin C: 2.99mg (3.62%)