



Pan Fried Catfish with Buttered Rice & Pickled Pepper Relish

READY IN



30 min.

SERVINGS



4

CALORIES



875 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoon canola oil
- ☐ 4 fillet catfish filets
- ☐ 1 teaspoon celery salt
- ☐ 1 tablespoon onion powder
- ☐ 1 cup pickled pepper and onions assorted (see sippity sup's recipe)
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon paprika smoked
- ☐ 8 tablespoon butter unsalted

- ☐ 3 cup water
- ☐ 2 cup rice white
- ☐ 2 tablespoon wondra quick-mixing flour

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ sifter

Directions

- ☐ In a medium sized saucepan bring the rice, water and salt to a vigorous boil. Then stir the rice well, cover the pan with a lid and bring it back to the boil. Continue boiling for a few seconds then turn the heat down to a low simmer. Cook for 15 minutes. Take the rice off the heat, add 4 tablespoons butter and give the pan a stir, replace lid and leave it to stand for 10-15 minutes while you prepare the fish. In a small bowl mix the wondra, paprika, onion powder and celery salt together well (an equal measure of Spice Islands Beau Monde mix is a great alternative to the onion powder and celery salt). Rinse and dry the catfish fillets, laying them onto a plate in a single layer. Using fine meshed sieve or flour-sifter shake an even amount of the Wondra and spice mixture over all 4 fillets. Gently turn them over and repeat.
- ☐ Heat the remain 4 tablespoons of butter and the canola oil in a cast iron or non-stick skillet set over medium heat. The skillet should be large enough to hold the fillets in one layer, otherwise work in batches. When the oil is hot, but not too close to smoking carefully lay the fillets in the pan. Cook then about 2 minutes on one side with out disturbing them. Then flip them and cook them another 2 or 3 minutes until the fish is firm and cooked through but not overcooked.
- ☐ Remove the fish from the pan so that they stop cooking. Chop the pickled peppers and some of their onions into a chunky relish.
- ☐ Serve the fish ontop of the rice with the relish on the side.

Nutrition Facts



 **PROTEIN 16.69%**  **FAT 43.88%**  **CARBS 39.43%**

Properties

Glycemic Index:25.8, Glycemic Load:45.39, Inflammation Score:-8, Nutrition Score:27.594347746476%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 875.17kcal (43.76%), Fat: 42.4g (65.23%), Saturated Fat: 16.87g (105.41%), Carbohydrates: 85.7g (28.57%), Net Carbohydrates: 82.7g (30.07%), Sugar: 2.12g (2.36%), Cholesterol: 158.8mg (52.93%), Sodium: 1256.48mg (54.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.29g (72.58%), Vitamin D: 21.67µg (144.47%), Vitamin B12: 3.84µg (63.98%), Manganese: 1.16mg (57.76%), Selenium: 36.23µg (51.76%), Phosphorus: 491.13mg (49.11%), Vitamin A: 1647.46IU (32.95%), Vitamin B1: 0.49mg (32.82%), Vitamin B3: 5.36mg (26.78%), Vitamin E: 3.72mg (24.82%), Potassium: 837.47mg (23.93%), Vitamin B5: 2.38mg (23.75%), Vitamin B6: 0.45mg (22.39%), Magnesium: 73.68mg (18.42%), Copper: 0.33mg (16.67%), Zinc: 2.14mg (14.24%), Vitamin B2: 0.24mg (13.89%), Vitamin K: 13.67µg (13.02%), Fiber: 3g (12.01%), Iron: 2.05mg (11.41%), Folate: 44.68µg (11.17%), Calcium: 82.39mg (8.24%), Vitamin C: 4.58mg (5.55%)