



## LUCKY 32 SOUTHERN KITCHEN

### Cornmeal Crusted Catfish

4	portions	catfish, 8oz each
1/2	cup	yellow cornmeal
1/2	cup	corn flour
1	tablespoon	Creole Spice Blend (see recipe)
4	fluid ounces	Canola/olive oil blend, 75/25%
		Kosher salt to taste

Combine cornmeal, corn flour and Creole Spice blend in a shallow dish.

Heat a sauté pan.

Add oil and allow to get hot.

Dredge each portion of catfish in cornmeal mixture, coating well.

Place each portion in hot oil and cook 3-4 minutes.

Turn fish gently and cook an additional 2-3 minutes or until fish is cooked throughout.

Season fish to taste with kosher salt.

Makes – 4 portions

*Disclaimer: All our recipes were originally designed for much larger batch size. This recipe has been reduced – but not tested at this scale. Please adjust as to your taste and portion size.*

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