

Traditional Southern Fried Catfish

Ingredients:

2 1/2 lb. catfish fillets, skinned or 12 whole, small baby catfish, dressed
1 c. stone ground white cornmeal
1/4 tsp. black pepper
Corn oil for frying

Preparation:

Wash and dry fillets on paper towels.
Cut into 3 inch pieces or keep whole and dressed.
Place cornmeal and pepper in a plastic bag.
Add fish, a few pieces at a time, and shake well to coat.
Spread in single layer on sheet of wax paper and place in refrigerator to chill for 1 hour before frying.
In a deep, 12 inch skillet, heat oil (about 1 inch deep) to 370 degrees.
Add fish, a few pieces at a time, and cook for 2-3 minutes on each side until brown.
Drain well on paper towel and serve hot.

Serves 6