

Fried Blue Catfish

This blue catfish recipe uses Cajun spices and is fried to perfection. I love a thin, spicy coating and dipping in tartar sauce.

Author: Raschell Rule, MissHomemade.com

Ingredients

- 1 lb catfish fillets
- 1/4 cup flour
- 1/2 cup milk
- oil for frying
- 1 cup ground yellow cornmeal
- 2 eggs
- 1 tsp Old Bay or Cajun seasoning
- lemon wedges

Instructions

1. Whip the eggs and beer together and add the seasoning.
2. Mix the cornmeal and flour together and place on a plate.
3. Dip the fillet in the seasoned egg mixture and place on the cornmeal/flour mixture.
4. Sprinkle the top of the fillet with the dry mixture and press in with your hand.
5. Place on a baking sheet and repeat until all fillets are coated.
6. Let fish stand for 15 minutes before cooking them in the hot oil.
7. Meanwhile, preheat oil to 350 degrees on medium-high heat in a heavy skillet or cast iron pan.
8. Carefully place a few pieces of fish in the oil and do not overcrowd.
9. Fry until brown and crispy, about 2 to 3 minutes per side (depending on how thick and big the fillets are). If the fish easily flakes with a fork, it is done.
10. Place on paper towels and season with a squirt of lemon juice and salt.