

Southern Fried Catfish



- READY IN 30 mins

Ingredients

- 1/2 cup buttermilk
- 1/2 cup water
- salt and pepper, to taste
- 1 pound catfish fillets, cut in strips
 - 1 1/2 cups fine cornmeal
 - 1/2 cup all-purpose flour

- 1 teaspoon seafood seasoning, such as Old Bay™
- 1 quart vegetable oil for deep frying

Directions

1. In a small bowl, mix buttermilk, water, salt, and pepper. Pour mixture into a flat pan large enough to hold the fillets. Spread fish in one layer over bottom of pan, turning to coat each side, and set aside to marinate.
 2. In a 2 gallon resealable plastic bag, combine the cornmeal, flour, and seafood seasoning. Add fish to mixture, a few fillets at a time, and tumble gently to coat evenly.
 3. Heat oil in deep fryer to 365 degrees F (185 degrees C).
 4. Deep fry fillets until golden brown, about 3 minutes. Avoid overcrowding so fillets have room to brown properly. Fish should be slightly crisp outside, and moist and flaky inside. Drain on paper towels.
- PREP 20 mins
 - COOK 10 mins
 - READY IN 30 mins

Courtesy of www.allrecipes.com