

PAN FRIED CATFISH FILLETS

F EASY

Last Modified: 12/03/2016

PREP: 2 To 4 Hrs
COOK: 30 Min
STOVETOP

SEAFOOD

MAKES 4 SERVINGS

| QUA | MEASURE | INGREDIENT | PROCESS |
|--------------|-----------|---|---------|
| 3 | Pounds | Catfish Fillets | |
| OR ANY OTHER | | | |
| 3 | Pounds | Firm White Lean Fish Fillets | |
| | | (Orange Roughy, Halibut, Tilapia, Sole, Etc.) | |
| 2 1/2 | Cups | All Purpose Flour | |
| 1/3 | Inch Deep | Crisco Shortening (For Frying) | |

| MARINADE | | | |
|----------|------|-------------------------|--|
| 2 | Cups | Buttermilk | |
| 1 | Cup | Sour Cream (Breakstone) | |
| 1 | Tbsp | Kosher Salt | |
| 1/4 | Cup | Dijon Mustard | |
| 2 | Tsp | Ground Black Pepper | |

| SPICE RUB MIX | | | |
|---------------|------|----------------|--|
| 1 | Tbsp | Kosher Salt | |
| 2 | Tsp | Smoked Paprika | |
| 2 | Tsp | Ground Mustard | |
| 2 | Tsp | Garlic Powder | |

| PREPARATION | |
|----------------|---|
| TOOLS | 1) Small Mixing Bowl 2) Zip Lock Bag 3) Cast Iron Skillet 4) Aluminum Half Sheet Pan & Wire Rack 5) Deep Frying Thermometer 6) Pie Tin |
| FACTOID | Orange Roughy are an extreme deep water Fish that is very long lived. Their long life lends them to pick up sea water borne pollutants. They have recently become unpopular. |
| 1 | MARINADE: Combine the Buttermilk, Sour Cream, Dijon Mustard, Salt and Black Pepper in a zip lock bag. Season the Fish Pieces with Salt and Pepper and place them in the bag. squeeze out the air, seal and squeeze to evenly coat each piece with the Marinade. Refrigerate the Fish for no longer than 4 hours. Turn the bag over every once in a while to recoat the Fish. |
| CAUTION | BE CAREFUL and test with a thermometer often during this entire process. Crisco tastes VERY BAD once it's heated to <u>any</u> temperature above 370 degrees. |
| 2 | In a cast iron skillet over low heat melt enough Crisco until there is about 1/3 of an inch of Oil in the bottom. Raise the heat in steps, gradually to 350 degrees (See Caution). |
| 3 | SPICE MIXTURE: In a small mixing bowl, mix together the Salt, Smoked Paprika, Ground Mustard and Garlic Powder. Place the Flour in a pie tin. |

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| 4 | Remove each piece of Fish from the Marinade, Sprinkle each piece lightly on both sides with the Spice Rub Mix and dredge both sides in the Flour until well covered. Place the Fish on a wire rack to dry for a minimum of 10 minutes. |
| 5 | Add the Filet, skin side down into the hot Crisco and fry until golden brown, around 5 minutes. Turn it over and fry the other side another 5 minutes or until it's golden brown. Remove the Fish to a wire rack, sprinkle it liberally with Salt and let stand covered with an aluminum foil tent until all of the Fish are done. Serve them while hot. |
| SERVE | Place on a serving platter and serve while hot. |