FOOD

Fish Fry

Fried Catfish

Ingredients

- · 2 pounds catfish fillets
- · 2 cups buttermilk
- 3 1/2 cups cornmeal
- 1/2 cup flour
- · 2 cups homemade mayon-
- 1/2 cup minced onions
- · 2 tablespoons minced shal-
- lots • 1 tablespoon minced garlic
- · juice of two lemons
- · 1 tablespoon hot sauce · 1 tablespoon finely
- chopped tarragon
- · 2 tablespoons finely chopped parsley
- · Jalapeno Hush Puppies, recipe follows
- · Maw Maws Slaw, recipe follows

Directions

- 1. Preheat the fryer.
- 2. Marinate the fish in the seasoned buttermilk. In a mixing bowl, mix the cornmeal and flour together. Your favorite seasonings, salt and pepper.
- 3. Remove the fish from the buttermilk, removing any excess.
- 4. Dredge each fish in the cornmeal, coating each side completely.
- 5. Lay the fish in the hot oil and fry until golden brown, about 7 minutes.
- 6. Remove from the oil and drain on a paper-lined plate. Season.
- 7. In a mixing bowl, combine the mayonnaise, onions, garlic, lemon juice, hot sauce, and herbs together. Mix thoroughly. Season



Fish Nuggets

Ingredients

- · 2 pounds of fish fillets
- · 3 eggs, slightly beaten
- · 1/2 cup milk
- 1/2 cup beer
- · 3 tablespoons prepared mustard
- 1/2 to 1 teaspoon Tabasco sauce
- · 2 tablespoons salt, divided
- · 2 teaspoons black pepper, divided
- 1/2 to 1 teaspoon cayenne pepper, divided, or to taste
- · 3 cups fine yellow corn flour•
- vegetable oil or shortening for deep frying

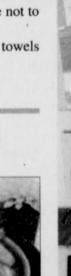
Preparation

- 1. In a mixing bowl, whisk together eggs, milk, beer, mustard, Tabasco, and half of the salt and peppers. Cut fish fillets into bite sized pieces, or nuggets.
- 2. Place fish in egg mixture, coating well; cover, refrigerate, and let soak for about 1 hour. Mix corn flour with the remaining salt and peppers in a shallow, wide bowl or pie plate.
- 3. Preheat oil in deep fryer to about 370°F.
- 4. Remove fish from mixture and dredge with corn flour mixture. Fry fish until the fish nuggets float to the surface and turn golden brown, taking care not to
- 5. Place fish nuggets on paper towels to drain, patting gently with paper towels to blot up excess oil.
- 6. Use this batter to fry shrimp, oysters, and other shellfish.

Oven Fried Haddock

Ingredients

- · 3/4 cup milk
- 2 teaspoons salt
- · 2 to 3 haddock fillets
- 3/4 cup plain, fine bread crumbs
- 1/4 cup grated Parmesan cheese
- · 1/4 teaspoon dried leaf thyme
- · 1/4 cup melted butter
- · paprika
- · parsley sprigs · lemon wedges
- Preparation
- 1. Oven fried haddock directions.
- 2. Preheat oven to 500°. Place oven rack near the top of the oven.
- 3. Put milk in a shallow bowl; stir in salt. In another shallow bowl, combine bread crumbs, Parmesan cheese, and dried thyme.
- 4. Dip fish pieces in milk, then in bread crumb mixture. Arrange haddock on a well greased baking dish; drizzle evenly with the butter.
- 5. Bake haddock on the top rack for 12 to 15 minutes. Fish should flake easily with a fork. Sprinkle lightly with paprika and garnish with parsley and lemon.







Shredded or **Chunk Cheese**

Bath Tissue or



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