

# 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 mayonnaise
- 1/2 cup minced onions
- 2 tablespoons minced shallots
- 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 overcook.
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.

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**APRIL/MAY**

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