

Catfish Nuggets Pan Fried

CATFISH (PAT DRY WITH PAPER TOWELS)

SALT & PEPPER

SOUL FOOD SEASONING

1ST PIE PLATE: 1/2 CUP ALL-

PURPOSE FLOUR

2ND PIE PLATE: BEATEN EGG

3RD PIE PLATE: 1 CUP

CORNMEAL (WHITE STONE

GROUND

LARGE SKILLET WITH 1/4" COOKING OIL



Pat fish dry with paper towels. Sprinkle fish with salt, pepper, and seafood seasoning. Lightly dredge fish in flour first (dip and flip-do not pack flour on). Then dip into egg (shaking off excess) and then into cornmeal. Place in hot oil and fry 2 minutes per side. Serve with tartar sauce on a hoagie bun or alone!

“When frying fish, make sure the oil is hot before adding fish for a crunchy crust...Chris”