

Fried Catfish

January 17, 2012



RECIPE SAVED

Ingredients

Makes 6 servings

3 tablespoons plus 3/4 teaspoons kosher salt, divided

3 tablespoons hot pepper sauce

6 5-7-ounce U.S.-farmed catfish fillets

1 1/2 cups white cornmeal

2 tablespoons all-purpose flour

2 1/2 teaspoons baking powder

1 teaspoon freshly ground black pepper

1 teaspoon garlic powder

1/2 teaspoon cayenne pepper

3 cups (about) vegetable oil

Special Equipment

A deep-fry thermometer

Step 1

Whisk 3 tablespoons salt, hot pepper sauce, and 8 cups hot water in a large bowl until salt dissolves. Chill in freezer until cold, about 30 minutes.

Place catfish in brine, cover, and refrigerate for 3 hours.

Step 2

Whisk cornmeal, next 5 ingredients, and remaining 3/4 teaspoon salt in a medium bowl. Attach deep-fry thermometer to the side of a 10" cast-iron skillet or other large heavy skillet. Add oil to come a little less than halfway up side of skillet. Heat over medium heat until thermometer reads 335°F.

Step 3

Rinse catfish; pat dry. Dredge catfish in cornmeal mixture, shaking off excess. Working with 2 fillets at a time, fry catfish, turning halfway through, until golden brown and crispy, 10-12 minutes per batch. Transfer fish to paper towels to drain.

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