



Cooking With Kalota

Southern Oven Catfish

Catfish is an incredible and meaty freshwater creature that has a rich history of being one of the first farmed fishes. It gets a bad rap as a “bottom dweller” but the fact is it has a nutrient rich diet because of the algae, seaweed, and insects it consumes. Cornmeal gives catfish an amazing crunch and texture but I find baking it in the oven provides a less greasy version than fried.

Heat oven to 425°F.

Ingredients:

- 1 tsp. onion powder
- 1 tsp. garlic powder
- ½ tsp. dried oregano
- 1 tsp. dried basil
- ½ tsp dried thyme
- ½ tsp. black pepper
- ½ tsp white pepper
- ½ tsp. cayenne pepper
- 1 tsp. smoked paprika
- 1 tbsp. salt
- 1 cup yellow cornmeal
- 2 eggs, beaten
- 1 tbsp. hot sauce
- 4 -4oz. catfish fillets

Directions:

1. Line a baking sheet with parchment paper. Spray with baking spray and set aside.
2. In a small bowl make spice blend by adding onion powder, garlic powder, dried oregano, basil, thyme, black pepper, white pepper, cayenne, smoked paprika, and salt. Set aside.
3. In a medium bowl combine cornmeal and 2 tbsp. of the spice blend. Whisk well.
4. In another medium bowl combine the eggs with the hot sauce and whisk well.
5. Dip the catfish fillets into the egg and dredge the fillets in the cornmeal mixture.
6. Place fillets on parchment paper and bake for 15 minutes or until golden brown.

Created for Our Kitchen Table

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