



fresh fish markets

Oven-Fried CATFISH

a CATCH-TO-GO meal | serves 4

INGREDIENTS

- 4 (6- to 8-oz) catfish fillets
- ½ cup milk
- ⅓ cup cornmeal
- ⅓ cup fine, dry breadcrumbs
- ½ teaspoon salt
- ½ teaspoon paprika
- ½ teaspoon dill weed
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon butter

Kathleen's Comments:

Who knew fried fish could be healthy? This is a fun recipe for experimenting. Try it with flavored breadcrumbs, like lemon pepper. Add a tablespoon of one of my spice blends. Or toss in some red pepper flakes to add some heat.

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PREHEAT oven to 450 degrees.

Line a baking sheet with foil and lightly grease with cooking spray or olive oil.

Pour milk in shallow dish. In a second shallow dish, mix dry ingredients.

Dip each fillet in milk. Then dredge in breadcrumb mixture, coating thoroughly. Set on foil-lined baking sheet. Dot with butter.

BAKE for 10 minutes, or until fish flakes easily with fork.



We're picky about our seafood.
We think you should be too.

