

Pan-Fried Catfish with Avocado Tomato Relish

The Old Tavern - Grafton, VT

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 4

2 eggs
1 cup heavy cream
2 teaspoons salt
1 teaspoon cayenne pepper
1 cup bread crumbs
1 cup cornmeal
4 eight-ounce freshwater catfish
4 tablespoons clarified butter
AVOCADO TOMATO
RELISH
2 ripe avocados, peeled and sliced
1 large tomato, peeled, seeded and
diced
juice of two limes
1 teaspoon garlic, chopped
1/4 cup onion, finely chopped
1 tablespoon cilantro, chopped
1 tablespoon fresh parsley, chopped

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Make the Avocado Tomato Relish: In a bowl, combine all of the ingredients. Mix well.

In a bowl, combine the eggs, heavy cream, salt and pepper. Beat well until blended.

In a bowl, combine the bread crumbs and cornmeal. Mix well.

Place the fish fillets in the egg mixture and coat well. Place in the cornmeal mixture and coat well.

In a large saute' pan, heat the clarified butter until just smoking. Place the fish in the pan and turn down the heat. Brown well and turn over. Brown the second side.

Transfer the fish to a 450 degree oven and finish cooking for about 5 minutes.

Serve on individual plates with a tablespoonful of the Avocado Tomato Relish.

Per Serving (excluding unknown items): 602 Calories; 39g Fat (58.7% calories from fat); 11g Protein; 51g Carbohydrate; 4g Dietary Fiber; 220mg Cholesterol; 1362mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 7 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

