

Cornmeal Crusted Catfish

www.Publix.com

*4 (1-1/2 pounds total)
catfish fillets
1 cup buttermilk
2 teaspoons blackened
seasoning, divided
1 cup cornmeal
1/4 cup vegetable oil
1/2 cup tartar sauce
2 tablespoons diced
pimientos*

In a medium bowl, place the catfish, buttermilk, and one teaspoon of the blackened seasoning. Toss to coat. Let stand for 15 minutes (wash hands).

In a shallow dish, combine the cornmeal and remaining blackened seasoning.

Preheat the oil in a large saute' pan. Bread the fish with the cornmeal mixture (wash hands). Add to the pan. Cook for 3 to 5 minutes on each side, until the crust is golden and the fish is opaque and separates easily.

In a bowl, combine the tartar sauce and the pimientos. Serve with the fish.

*Always check fish for bones
and cook to an internal
temperature of 145 degrees.*

Per Serving (excluding unknown items): 4273 Calories; 200g Fat (43.0% calories from fat); 467g Protein; 127g Carbohydrate; 10g Dietary Fiber; 1660mg Cholesterol; 2220mg Sodium. Exchanges: 7 Grain(Starch); 62 1/2 Lean Meat; 1/2 Fruit; 1 Non-Fat Milk; 23 1/2 Fat.