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 tahlespoon cilantro, chopped
1 tahlespoon 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

Seafood

Calories (kcal):	602	Vitamin B6 (mg):	.2mg
% Calories from Fat:	58.7%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	33.9%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	7.5%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	39g	Folacin (mcg):	69mcg
Saturated Fat (g):	23g	Niacin (mg):	4mg
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0 0.0%
Cholesterol (mg):	220mg	V. DAYIICA	11117/2
Carbohydrate (g):	51g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	3
Protein (g):	11g	Lean Meat:	1/2
Sodium (mg):	1362mg	Vegetable:	1/2
Potassium (mg):	316mg	Fruit:	0
Calcium (mg):	134mg	Non-Fat Milk:	0
Iron (mg):	4mg	Fat:	7 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	11mg	·	
Vitamin A (i.u.):	2131IU		
Vitamin A (r.e.):	469RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving			
Calories 602	Calories from Fat: 353		
	% Daily Values*		
Total Fat 39g	61%		
Saturated Fat 23g	114%		
Cholesterol 220mg	73%		
Sodium 1362mg	57%		
Total Carbohydrates 51g	17%		
Dietary Fiber 4g	16%		
Protein 11g			
Vitamin A	43%		
Vitamin C	19%		
Calcium	13%		
Iron	22%		

^{*} Percent Daily Values are based on a 2000 calorie diet.