



**NEW EPISODES
MONDAYS
AT NOON EST**

“Culinary Boot Camp: Fish” Fried Catfish

**Fresh Catfish
1/2 cup Milk
1 Package Cornmeal Batter
6 Eggs
Oil
1 cup flour
Vegetable Oil
Salt
Pepper
Garlic Pepper**

Select catfish fillets or catfish nuggets. Rinse with cold water, pat dry with paper towel, place to the side.

In a large bowl, mix eggs and milk. In a separate large bowl mix corn meal and flour (1 cup flour to 1/2 cup corn meal and season to taste).

Lightly season fish with salt, pepper and garlic. Dip fish into mixture of well beaten eggs then dredge fillet or nuggets in corn meal and flour. Place fish in skillet of grease or vegetable oil.

Pan fry until golden brown and fish flesh is flakey