



Seafood Doctor

Doc's Choice® Fried Channel Catfish Fingers

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Serves: 4

Total Time: 45 Minutes

INGREDIENTS

1 LB	Thawed Channel Catfish Fillets
1 Tsp	Garlic Powder
1 Tsp	Onion Powder
3/4 Cup	Cornmeal
3/4 Cup	All Purpose Flour
1/2 Tsp	Salt
1/2 Tsp	Ground Black Pepper
2	Eggs
	Canola/Avacado/Peanut Oil for Frying

DIRECTIONS

Heat up 2 inches of oil in a pan (perferably a cast-iron pan or heavy skillet) to 350°F. You can also heat up a deep-fat fryer to 350°F to avoid using a pan. If you do not have an oil safe thermometer then head on over to this link to help figure out oil temperature: <http://bit.ly/2PLJYsQ>

Whip Eggs with garlic and onion powder in a bowl till it looks foamy.

Mix the cornmeal, all purpose flour, salt, and pepper together and place on a plate.

Cut Channel Catfish fillets into finger-like strips. Then dip strips into the seasoned foamy eggs and into the dry seasoned mix (making sure to cover the whole strip). Then place on a baking sheet and let sit for 15 minutes.

Then slowly place the Channel Catfish fingers into the hot oil and fry until golden brown. Place fingers on a paper towel to drain excess oil on the Catfish fingers. Then serve with your favorite dipping sauce.