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the market



**Pan Fried Catfish**

# Pan Fried Catfish

## Ingredients

1/2 C yellow cornmeal

1 teaspoon salt

1/2 teaspoon ground black pepper

pinch of cayenne pepper

1 1/4 pounds catfish fillets

1/3 C vegetable oil

## Preparation

Combine cornmeal, salt, pepper and cayenne in shallow dish. Rinse catfish; shake off excess water. Dredge catfish in cornmeal mixture; turn to coat evenly. Heat oil in heavy large skillet over medium-high heat. Add catfish and cook until coating is golden brown and crispy and fish is opaque in center, about 3 or 4 minutes per side.