

Frank's Mustard Cornmeal Catfish



Personal Chef Service

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 Best Caterer"

I was lucky enough to enjoy a cooking demo from the amazing Frank Brigtsen at the 2009 USPCA National Conference ~ and I was one of the grateful people who was selected to try the dish!

Serves 12

4 eggs	4c all~purpose flour	
1c yellow mustard	4c yellow corn flour	3 1/2 pounds catfish filets, cut into thin strips about 2oz each
1c Zatarain's Creole mustard	4c yellow corn meal	vegetable oil, for frying
2c milk	1c Paul Prudhomme's Seafood Magic® seasoning	

In mixing bowl, add eggs and whisk until frothy. Add yellow mustard and Creole mustard and whisk until well blended. Add milk and whisk again. Set aside.

In separate mixing bowl, mix together white flour, corn flour, corn meal and 3/4 of the seafood seasoning. Mix until well blended. Set aside.

Heat oil in large skillet over medium~high heat. Oil should be about 1/4" deep in skillet. Season catfish pieces with remaining seafood spice on both sides.

Dip catfish pieces in wet batter and then into dry batter. Immediately place in hot oil and fry until crispy on both sides, turning only once, about 2 minutes per side. Remove from skillet and place on paper towels to drain.

Serve with grits, brown rice or creamed corn.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by **meijer**

Debbie Spangler ~ Certified Personal Chef

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