

Betty's Kentucky Fried Catfish Recipe



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In this video, Betty demonstrates how to make Kentucky Fried Catfish. A popular entrée in Kentucky, as well as the entire South, this version has a seasoned cornmeal coating and is fried in peanut oil on top of the stove. It is the best!!!

Ingredients:

6 (4 to 6 oz.) catfish fillets
1 cup milk
1 cup plain yellow cornmeal
½ tablespoon seasoned salt
1 teaspoon ground black pepper
¼ teaspoon onion powder
¼ teaspoon garlic powder
1 teaspoon salt
vegetable oil for frying (I used peanut oil.)

Place catfish fillets in a shallow dish. Pour 1 cup milk over fish. Cover and chill 1 hour. Combine 1 cup cornmeal, ½ tablespoon seasoned salt, 1 teaspoon black pepper, ¼ teaspoon onion powder, and ¼ teaspoon garlic powder in another shallow dish. Let fish fillets stand at room temperature 10 minutes. Drain the milk from the fish fillets using a colander, discarding the milk. Sprinkle fish with 1 teaspoon salt. Dredge fish in cornmeal mixture, shaking off excess. Pour oil to depth of 1 to 1 ½ inches into a large skillet. Heat to 350 degrees. Fry fish, in batches, 3 to 4 minutes on each side, or until golden brown. Drain on wire racks over paper towels. I served my catfish fillets with French fries, Company Coleslaw, and iced tea. Other sides that you may like with catfish are Onion and Cheddar Cheese Cornbread Sticks or Doggone Good Hush Puppies and Tart and Tangy Tartar Sauce or Surfin' Seafood Cocktail Sauce, all of which you can find in bettyskitchen. I hope you try this great Kentucky Fried Catfish; you wont regret it! --Betty ☐