

Mississippi

Skillet Catfish

Featured Food: Catfish

Makes: 4 servings

Ingredients

Cornmeal Rub

- ½ cup cornmeal
- 1 teaspoon dried oregano
- ½ teaspoon cayenne pepper
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon black pepper

Catfish

- 4 catfish filets (4 ounces each)
- 2 teaspoons oil
- 1 lemon, quartered (or lime)

Directions

1. Make the cornmeal rub. Put the cornmeal, oregano, cayenne pepper, thyme, paprika, salt, and black pepper on a plate and combine well.
2. Dredge both sides of the catfish in the spice mixture.



3. Put the skillet on the stove and turn the heat to high.
4. When the skillet is hot, add the oil. Add the fish and cook about 4 minutes on each side, until browned and cooked throughout.
5. Serve right away garnished with lemon or lime wedges.

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