

RECIPE CARD

BY CHEF *Gwendolyn Thomas*

SEASONED FRIED CATFISH AND SOUTHERN CHEESY GRITS

INGREDIENTS: Serves 4

- 5 oz of sharp cheddar cheese grated; or any kind of cheese you prefer
- ½ Tsp of black pepper
- 1 Tsp of salt
- 3 Tbsp of salted butter
- 1 cup of water
- 1 ⅔ cup of milk
- ⅔ cup of quick grits

PROCEDURES

1. Bring the water and milk, to a boil in a small sauce pan. Add the salt and butter.
2. Stir the grits into the boiling water; stir with a whisk.
3. Cover the pot, lower the fire to a simmer and cook the grits according to the package.
4. When the grits are cooked add your cheese and black pepper. Stir until well blended. **tip* If your grits seem too thick add a little more water or milk until your desired consistency.*

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INGREDIENTS:

Southern Fried Batter/Flour Mix

- Fish fillets 4 pcs. (4 to 6 oz.)
- 1 ½ cups buttermilk - add more if needed
(You want the batter to stick to the fish)
- 2 cups cornmeal
- 2 cups all purpose flour
- 2 Tsp Creole seasoning
- 2 Tsp salt
- 2 Tsp black or cayenne pepper

PROCEDURES

1. First, marinate the fish in buttermilk for about 20 mins. While that's happening, mix your cornmeal, flour, and seasonings.
2. Once the fish is done marinating, drain it, add some Creole seasoning, and dredge it in the cornmeal mixture.
3. Heat your oil to 375°F and fry the fish in batches for 3-7 minutes, until golden and cooked through.
4. Finally, remove the fish, let it rest on a wire rack, add a little more seasoning, and serve immediately with your cheesy grits.

C'est Ce Bon!!!!



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