

NEW ORLEANS SAINTS

Linebacker

12 YEARS

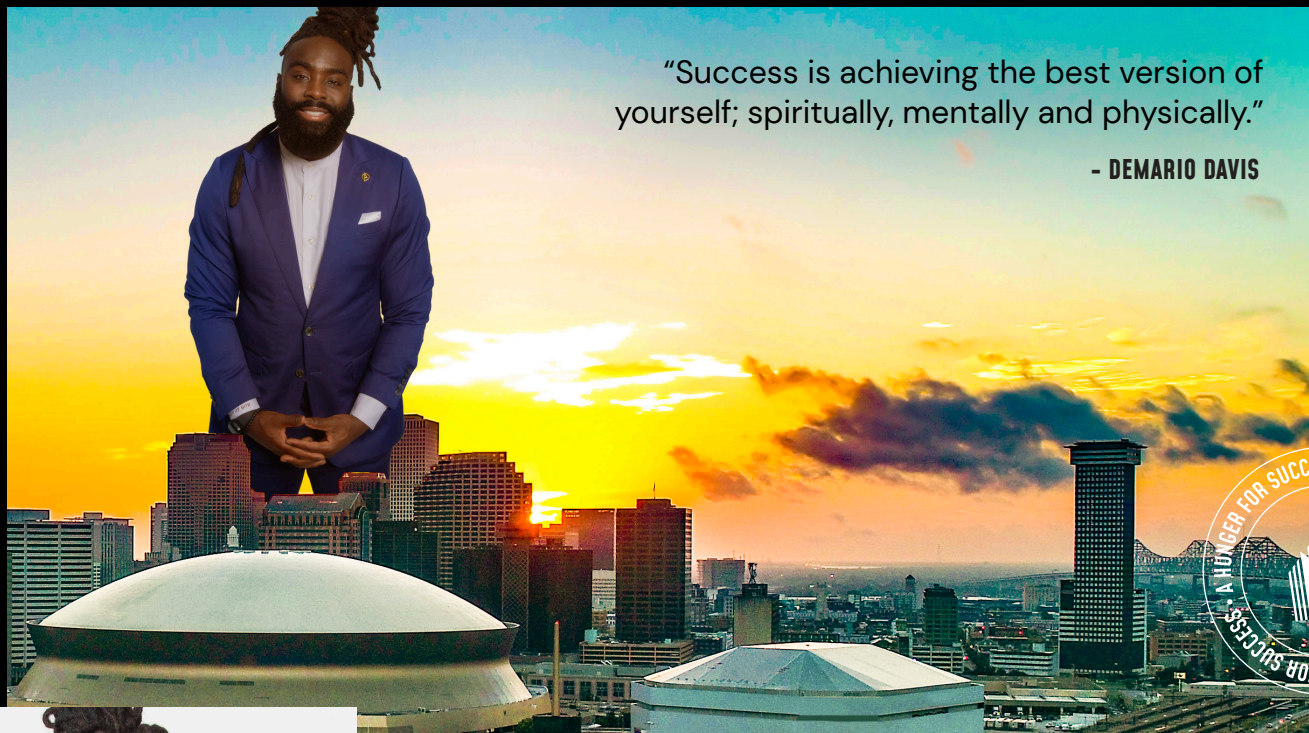
in the NFL

6'2"**248 lbs****3rd ROUND DRAFT PICK**

2012 : Pick 77

ARKANSAS STATE

University



"Success is achieving the best version of yourself; spiritually, mentally and physically."

- DEMARIO DAVIS



As the leader of defense, the linebacker must be a disciplined individual, able to anticipate plays and be versatile. Since signing with the Saints in 2018, Demario Davis has proven himself an impactful leader. He said his ultimate role model is Jesus Christ, and he strives to be the best version of himself. Demario approached this as being the best possible in spirit, mind, and body, and he attributes football for helping with that. In fact, his Devoted Dreamers Foundation was formed to equip the next generation with vital leadership skills, building on these premises and including a sports component. For the team's two-time NFL Walter Payton Man of the Year nominee, including 2022, Demario's most recent project has been the successful launch of the Devoted Dreamers Academy, an after school-program featuring both tutoring and athletic elements with the plan to become a full-time school in 2025.

In addition to his passion for helping others, Demario, a father of five, has a passion for good food, especially enjoying the family element of a good meal. In 2021, his charity celebrity dining event "Dining for Dreams" raised money for Devoted Dreamers as well as deserving nonprofits serving the community in the midst of Hurricane Ida. For the past two years, the "Dinner With The Daves" event has served full multi-course dinners to families, promoting them to sit down together to enjoy good food and conversation. "We believe in family dinners," Demario said, adding that for his family, it's also a special time to come together while enjoying food prepared by his wife, Tamela Davis. Tamela is known for hosting Tamela's Tailgate Treats on local affiliate WWL-TV, and it is her recipe for Southern Fried Catfish that we share with you.

DEMARIO DAVIS

Photos by Kenny Morrison





Photo provided by The F Word

“The secret to this recipe is getting the oil hot enough and letting the fish fry until it’s crispy! Growing up, we often had fried fish on Friday nights, and we typically served it with spaghetti and meat sauce, fries, and a green salad.”

- TAMELA DAVIS

SOUTHERN FRIED CATFISH



THE F WORD BY TAMELA DAVIS

🕒 PREP: 5 MINUTES TOTAL: 8 MINUTES

INGREDIENTS

Fresh catfish fillets (approximately 2 pieces per person)
1 lemon
Garlic powder
Onion powder
2 bags of Louisiana Seasoned Crispy Fish Fry
48 fl oz Canola or peanut oil, for frying

PREPARATION

1. Wash catfish with cold water.
2. Pat dry with a sheet of paper towel then squeeze lemon juice on fish.
3. Trim catfish of any excess skin.
4. Lightly sprinkle the garlic powder and onion powder on both sides of the catfish fillets.
5. Pour Fish Fry batter in a shallow dish and drench fillets, by gently pressing them into mixture. Shake off excess and set aside.
6. Heat canola oil in a large skillet over medium-high heat until a bit of fish batter sizzles when dropped in. I typically use an electric skillet or deep fryer to get more pieces cooked at once.
7. Gently add the coated fillets to the hot oil and fry until golden brown, turning once. It may take 7-8 minutes. Make sure it's crispy and the batter isn't separating from the fish. It typically floats when ready!
8. Remove and drain on a paper-towel-lined plate. Serve immediately.