



THIN FRIED CATFISH

SERVES 4

TOTAL TIME

1 hour

Prep Time: 20 minutes

Cook Time: 4-6 minutes

Inactive Prep Time: 30 minutes

Active Time: 25 minutes

INGREDIENTS

2 lbs catfish fillets

1 tbsp salt

1 qt water

2 cups corn meal

2 cups corn flour

Vegetable oil

PREPARATION

1. Preheat vegetable oil, using enough vegetable oil to cover the fillets when submerged.
2. Cut catfish into thin fillets.
3. In a large bowl or container, combine salt with water to create a brine. Soak catfish in the brine for 30 minutes in the refrigerator.
4. In another large bowl, combine corn meal and corn flour.
5. Take the catfish out of the brine and coat each fillet with the dry mixture.
6. Deep fry the fillets until golden brown, 350 °F for 2 minutes.



30160 Hwy 51 S., Manchac, LA 70421
1951 Oak Harbor Blvd., Slidell, LA 70461
middendorfsrestaurant.com

Middendorf's began in the summer of 1934 in Manchac as a café started by Louis and Josie Middendorf. Josie used all her own recipes and created the legendary house specialty, which is still in use today under proprietors Horst and Karen Pfeifer. This year, Middendorf's proudly celebrates 90 years and now has two locations.

*Photos by Frank Relle Gallery
910 Royal Street, New Orleans
frankrelle.com*

CATFISH FACT

A catfish does not have scales. Instead, it either has a mucus-covered skin which facilitates breathing or some form of bony armor. Many larger catfish also have chemoreceptors across their bodies, which allow them to “taste” and “smell” through their body simply by moving through the water.

CATFISH

Catfish inhabit a variety of water environments in Louisiana. These include ponds, lakes, rivers, backwaters, and even inshore waters—anywhere there is a sandy bottom. These bottom dwellers come in a range of varieties that can be caught throughout the year. The “whiskers” that help give the fish its name are barbels that allow the fish to detect food and movement in its murky environment.