

SOUTHERN FRIED CATFISH FILLETS

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
250 cal	10 g	21 g	13 g	68 mg	248 mg	11 mg

Ingredient

FISH,CATFISH,FILLET
 CORN MEAL
 FLOUR,WHEAT,GENERAL PURPOSE
 SALT
 PEPPER,BLACK,GROUND

Weight

30 lbs
 1-7/8 lbs
 1-1/8 lbs
 1-1/2 oz
 1/3 oz

Measure

1 qts 2 cup
 1 qts
 2-1/3 tbsp
 1 tbsp

Issue

Method

- 1 Separate fillets; cut into 4-1/2 ounce portions, if necessary.
- 2 Dredge fish in mixture of cornmeal, flour, salt and pepper; shake off excess.
- 3 Fry at 365 F. about 4 minutes or until golden brown. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.