



# Fried Catfish finger

## Ingredients

### For the Catfish

- 4 catfish fillets, cut into thick strips
- 2 cups buttermilk
- 1 teaspoon hot sauce (optional)
- 1 cup fine yellow cornmeal
- ½ cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ½ teaspoon garlic powder
- ½ teaspoon dry mustard
- ½ teaspoon cayenne pepper
- Vegetable oil, for frying
- 1 teaspoon Lemon Parsley Salt (recipe below)
- 1 lemon, cut into wedges

### Lemon Parsley Salt

- 12 to 15 parsley leaves
- ½ cup kosher salt
- Zest of 1 lemon

## Instructions

### 1. Prepare the Lemon Parsley Salt

1. Place parsley leaves on a paper towel-lined plate and microwave in 30-second intervals on medium-high until dry but still green (about 2 minutes total).
2. Combine the dried parsley, lemon zest, and salt in a spice grinder or blender. Pulse until fine and evenly mixed. Set aside.

### 2. Marinate the Catfish

1. In a large shallow dish, whisk the hot sauce into the buttermilk if using.
2. Add the catfish strips and turn to coat fully. Let them marinate for 15 minutes to 1 hour in the fridge.

### 3. Dredge and Fry

1. In a separate shallow dish, mix cornmeal, flour, baking powder, salt, black pepper, garlic powder, dry mustard, and cayenne pepper.
2. Heat about ½ inch of vegetable oil in a large skillet over medium-high heat. The oil is ready when a pinch of the cornmeal mixture sizzles instantly.

3. Remove the catfish from the buttermilk and let the excess drip off. Dredge each strip in the cornmeal mixture, coating evenly and shaking off the excess.
  4. Carefully add strips to the hot oil without crowding the pan. Fry for 2–3 minutes per side, or until golden brown and crispy.
  5. Transfer to a wire rack to drain. Repeat with remaining strips, reheating or replenishing the oil as needed.
4. **Serve**
5. Sprinkle hot catfish strips with Lemon Parsley Salt and serve immediately with fresh lemon wedges.