



**SIMMONS
FARM RAISED
CATFISH**

Classic Fried Catfish



INGREDIENTS

¾ cup yellow cornmeal
¼ cup all-purpose flour
Salt to taste
1 teaspoon cayenne pepper
¼ teaspoon garlic powder
2 ½ lbs. Simmons Catfish Strips, Fillets, Steaks, or Nuggets
Vegetable oil

Prep Time: 10 m

Cook Time: 6 m

Ready in: 16 m

Servings: 8

1. Combine first five ingredients (or use Simmons Breading Mix) in a shallow dish.
2. Pat catfish dry and coat with cornmeal mixture, shaking off excess.
3. Fill a deep cast iron skillet or heavy bottom pan with about 1-½ inches of vegetable oil. Heat to 360 degrees.
4. Add catfish in single layer, and fry until golden brown, about 5-6 minutes depending on size of catfish.
5. Remove and drain on paper towels.

6. Serve immediately with Simmons Hushpuppies, tartar sauce, and coleslaw. Save the leftovers for Catfish Po'boys the next day!

Our recipe book wouldn't be complete without our classic fried catfish recipe. This recipe is cooked once a week at the Simmons office on the farm using our own Simmons Breading mix. Macel Simmons along with Bill Meeks, Delores Howell, and Wayne Wyatt started this ritual every Friday in the early days of Simmons Catfish. Everyone in town caught on and would "happen" to show up right at lunch on Fridays. The weekly fish fry continues today, though not always on Fridays, so consider yourself lucky if you show up on catfish day!