

Southern fried catfish recipe from Teresa, the cook at Shaw's Restaurant, Holly Pond, Alabama

Teresa was the cook at Shaw's for about 25 years; surviving the Shaw family sale of the restaurant and through subsequent owners. Shaw's Restaurant had won "best catfish" in the State (I think) award for about eight years running (not sure what organization gave out the award. When visiting In October 2012, I told her that I was from out of state and I could not duplicate her catfish at home. She told me how to do it. This recipe is very close, but not quite as good as hers. Shaw's Restaurant closed the first of December 2012.

Frozen catfish filets

Run the desired amount of frozen catfish filets under hot water to get all of the ice off, just until it gets a little sticky so the breading will stick to it. **See notation in breading about salt.** Dredge in breading and shake off the excess.

Breading

Yellow corn meal. That's it. According to Teresa, she did not use salt in the breading, but I could taste salt. The fish seemed bland without salt, so I lightly salted the filets after rinsing them. This method was the closest to the taste of her catfish.

Deep fat fry at about 350 degrees until nice and golden brown all over.

For an authentic southern dish, the catfish is best served with French fried, hush puppies, green beans seasoned with ham, and sweet tea.