

Cornmeal-Crusted Catfish with Creole Remoulade

Serves 4:

Ingredients

Creole Remoulade:

3/4 cup mayonnaise

2 tablespoons of minced shallot

1/3 cup of minced cornichons (or pickles)

1 tablespoon chopped capers

2 tablespoons finely chopped parsley

1 tablespoon fresh lemon juice

2 teaspoons hot sauce

1/4 teaspoon each of cayenne pepper and smoked paprika

1 1/2 pounds of catfish fillets

2 large eggs

1/4 cup buttermilk

a few drops of hot sauce

1/3 cup of cornmeal

kosher salt and freshly ground black pepper

a pinch of cayenne

2 tablespoons vegetable oil, preferably canola

lemon wedges

Preparation

Make Creole Remoulade: mix mayonnaise with minced shallot, minced cornichons, and chopped capers.

Stir in parsley, fresh lemon juice, hot sauce, cayenne pepper and smoked paprika.

Stir well and refrigerate until ready to serve--this sauce can even be made a day ahead.

Prep coating for fish: in a shallow bowl or pie plate, whisk eggs with buttermilk and hot sauce.

In another dish, mix cornmeal with kosher salt and freshly ground black pepper, and a pinch of cayenne.

Heat a cast iron pan over medium heat until hot; add vegetable oil to pan and heat until shimmering.

Dredge catfish in egg mixture, then cornmeal until just coated, and place immediately in hot pan.

Turn heat down and cook for about 4 minutes; carefully flip fillets--fish should be golden brown.

Saute another 4 to 5 minutes, depending on thickness of the fish, until just cooked through.

Serve immediately with lemon wedges and the Creole Remoulade.

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Smoky Sweet Potato Fries

Serves 4:

Ingredients

2 pounds of sweet potatoes
2 tablespoons of olive oil
kosher salt and freshly ground black pepper
1/2 teaspoon of smoked paprika
sea salt

Preparation

Preheat oven to 450 degrees.
Peel sweet potatoes; cut them lengthwise into 1/2 thick slices, and then into 1/2 wide strips.
Place fries in a large bowl and toss with olive oil, kosher salt and black pepper.
Sprinkle with smoked paprika.
Line a baking sheet with parchment paper or foil, and spread potatoes out in a single layer.
Roast in oven for 15 minutes, turn fries over, and roast for another 10 to 15 minutes more.
Finish with a hit of sea salt and serve immediately.

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