

Greater New Orlea

Fried Catfish with Comeback Sauce recipe



The Fried Catfish with Comeback Sauce, from America's Test Kitchen's 'Cook's Country Eats Local,' is less gritty than most cornmeal crusted catfish. The secret is to run half of the cornmeal through a nut grinder until powdery.(Photo by

Joe Keller, America's Test Kitchen)



By **Ann Maloney, NOLA.com | The Times-Picayune**

Follow on Twitter

on February 10, 2016 at 5:53 AM, updated February 10, 2016 at 11:08 AM

This recipe from America's Test Kitchen's "Cook's Country Eats Local" promises a crunchy, "not gritty" crust. The secret: Process half of the cornmeal to a fine powder in a spice or nut grinder. If your spice grinder is small, do it in batches. Serve with tartar, cocktail sauce or try the Comeback Sauce below this recipe.

Fried Catfish with Comeback Sauce

Makes 4 servings

2 cups buttermilk

1 teaspoon hot sauce

2 cups cornmeal

4 teaspoons salt

2 teaspoons pepper

2 teaspoons garlic powder

1 teaspoon cayenne pepper

4 (6- to 8-ounce) catfish fillets, halved lengthwise along natural seam

2 quarts peanut or vegetable oil

Lemon wedges

Set wire rack in rimmed baking sheet and line half of rack with triple layer of paper towels. Whisk buttermilk and hot sauce together in shallow dish. Process 1 cup cornmeal in spice grinder to fine powder, 30 to 45 seconds. Whisk salt, pepper, garlic powder, cayenne, remaining 1 cup cornmeal, and ground cornmeal together in second shallow dish.

Pat fish dry with paper towels. Working with 1 piece of fish at a time, dip fish in buttermilk mixture, letting excess drip back into dish. Dredge fish in cornmeal mixture, shaking off excess, and transfer to large plate.

Add oil to large Dutch oven until it measures about 1 1/2 inches deep and heat over medium-high heat to 350 degrees. Working with 4 pieces of fish at a time, add fish to hot oil. Adjust burner, if necessary, to maintain oil temperature between 325 and 350 degrees. Fry fish until golden brown and crisp, about 5 minutes. Transfer fish to paper towel-lined side of prepared rack and let drain for 1 minute, then move to unlined side of rack. Return oil to 350 degrees and repeat with remaining fish.

Serve with lemon wedges.

•

Comeback Sauce

Makes about 1 cup

1/2 cup mayonnaise

1/3 cup chopped onion

2 of 3

06/24/2016 11:50 AM

2 tablespoons vegetable oil

2 tablespoons chili sauce

1 tablespoon ketchup

2-1/2 teaspoons Worcestershire sauce

2-1/2 teaspoons hot sauce

1 teaspoon yellow mustard

1 teaspoon lemon juice

1 garlic clove, minced

3/4 teaspoon pepper

1/8 teaspoon paprika

Process all ingredients in blender until smooth, about 30 seconds. Sauce can be refrigerated for up to 5 days.



6 quick, easy fish recipes: One for each Friday of Lent

Registration on or use of this site constitutes acceptance of our **User Agreement** and **Privacy Policy**

© 2016 NOLA Media Group. All rights reserved (**About Us**).

The material on this site may not be reproduced, distributed, transmitted, cached or otherwise used, except with the prior written permission of NOLA Media Group.

Community Rules apply to all content you upload or otherwise submit to this site.

Ad Choices