

Puffy Baked Catfish

Vegetable oil

1 lb. catfish fillets, rinsed and drained

2 Tbl. light mayonnaise

1/2 tsp. dry mustard dissolved in
1 tsp. water

1 Tbl. minced parsley

3 to 4 drops hot pepper sauce

1 egg white

- 1) Preheat oven to 425°F, place foil on a large cookie sheet. lightly grease foil with vegetable oil.
- 2) Pat dry the fish.
- 3) Arrange fish on foil, skin side down.
- 4) Combine mayonnaise, mustard, parsley, and hot pepper sauce.
- 5) In another bowl, beat egg white until stiff but not dry, fold in mayonnaise mixture, lightly spread meringue mixture on top and sides of fish fillets.
- 6) Bake 12 to 15 minutes, or until fish flakes and meringue is golden brown. Do not overcook. Serve immediately.