



AF Catfish

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Categories: Main Dish - Air Fryer, Main Dish - Seafood, Source: The Captain's Shack

Servings: 4

Description: A delicious catfish meal. Great with the Oliver Farm Pecan Oil drizzled on the catfish while in the air fryer.

Preparation Time: 10 minutes

Start to Finish Time: 28 minutes

Serving Ideas: Great with a green salad and a vinaigrette of Oliver Farms Sunflower Oil and Lemon.

Ingredients

4 Catfish Fillets

1 c All-Purpose Flour

1/2 c Cornmeal

1 T Baking Powder

Sea Salt and Tellicherry

Pepper to taste

Oliver Farm Pecan Oil for
drizzling

(oliverfarm.com)

1 lg Egg

1 T chopped Parsley

Directions

1) Preheat Air Fryer to 400° F. Combine the flour, cornmeal, baking powder, salt and pepper in a bowl. Beat the egg in another bowl.

2) Rinse the catfish and pat dry. Dredge the fillets in the egg and then dredge the catfish flour, one at a time. Ensure the entire filet is coated with seasoning. Drizzle with the Pecan Oil on each filet.

3) Place the filets in the Air Fryer basket. Close and cook for 10 minutes. Flip the fish. Cook for an additional 5 minutes. Flip the fish. Cook for an additional 2-3 minutes or until desired crispness.

4) Garnish with chopped parsley.