

New Orleans Catfish Po-Boys
Submitted by Michelle Broussard-Hanes
"Oven fried" version of a Louisiana classic

Ingredients:

Several catfish filets, rinsed and patted very dry
Oil

Crust:

4 heaping TBSP of Cornmeal
Trader Joe's "Vegetable Entertainer" (1 whole sleeve of crackers)
Trader Joe's "Wheat Crackers" (1/2 sleeve of crackers)
Dill, Cajun seasoning blend, dried basil
Cayenne Pepper
Salt and pepper, (optional)
Shredded lettuce and thinly sliced tomatoes
Fresh French loaf, Dijon mustard
**squeeze of fresh lemon on cooked filets, optional
**Banana peppers

Directions:

Preheat oven to 425 degrees. Rinse catfish filets and pat dry with paper towels. Either pulverizes crackers in food processor, or place crackers and cornmeal in a Ziploc bag and use a rolling pin to finely crush the crackers. Add ½ tsp of dill, several firm shakes of Cajun seasoning and 2 tsps of dried basil and blend into "crust mixture". Add several generous shakes of cayenne pepper.

Drizzle some oil on a plate, and set the crust mixture in a pan which has a lip (to prevent spillage). Coat the fish in Olive Oil and shake MORE Cajun Seasoning onto BOTH sides of the oiled fish—THEN dredge through the crust mixture. Press the crust mixture firmly into the flesh of the fish. Transfer carefully to a baking sheet lined in parchment paper. Repeat process on all fish filets. Bake for 30-40 minutes depending on thickness of the catfish filets. Assemble po-boys and squeeze a dash of fresh lemon juice on filets for an extra fresh kick! *Bon Appetit, y'all!*

"Temperance is when someone wants to eat some more food but abstains, rising from the table still somewhat hungry. Sufficiency is when someone eats what is needed and sufficient for normal nourishment. Satiety is when someone eats more than enough and is more than satisfied". St Gregory