

The Ultimate Southern Comfort Dinner Plate: Fried Catfish & More!

Southern Comfort Dinner Plate



OVEN
375°F

TIME
4-6 min

TEMP
145°F

PRINT
Recipe Card

INGREDIENTS

1 catfish fillet (about 6-8 ounces)
1/2 cup cornmeal
1/4 cup all-purpose flour
1/2 teaspoon paprika
1/2 teaspoon salt, plus more to taste
1/2 teaspoon black pepper, plus more to taste
Oil for deep frying (such as vegetable or peanut oil)
1 cup cooked spaghetti
1/2 cup marinara sauce (your favorite brand)
1/4 cup shredded cheddar cheese
1/4 cup shredded mozzarella cheese
1 wedge iceberg lettuce
2 tablespoons ranch or blue cheese dressing
1/4 cup cherry tomatoes, halved
2 tablespoons chopped cooked bacon bits
1/4 cup shredded cheese (for salad, cheddar or Monterey Jack)

DIRECTIONS

- 1.** Prepare : Catfish: Pat the catfish fillet thoroughly dry with paper towels. In a shallow dish, combine the cornmeal, flour, paprika, 1/2 teaspoon salt, and 1/2 teaspoon black pepper. Dredge the catfish fillet in this mixture, pressing gently to ensure an even coating. Set aside.
- 2.** Fry : Catfish: In a deep pot or Dutch oven, pour oil to a depth of about 2-3 inches. Heat the oil to 350-375°F (175-190°C). Carefully place the coated catfish fillet into the hot oil. Fry for 4-6 minutes, flipping once halfway through, until golden brown, crispy, and the fish flakes easily with a fork (internal temperature should be 145°F or 63°C). Remove the catfish to a wire rack set over paper towels to drain excess oil. Season immediately with a little more salt if desired.
- 3.** Prepare : Baked Spaghetti: While the catfish fries, preheat your oven to 375°F (190°C). In a small, oven-safe dish (like a ramekin or small casserole dish), combine the cooked spaghetti with the marinara sauce. Stir well to coat. Sprinkle the shredded cheddar and mozzarella cheeses evenly over the top. Bake for 10-15 minutes, or until the cheese is melted, bubbly, and lightly golden.
- 4.** Assemble : Salad: On a serving plate, place one wedge of iceberg lettuce. Drizzle generously with ranch or blue cheese dressing. Scatter the halved cherry tomatoes, chopped cooked bacon bits, and shredded cheese over the lettuce wedge.
- 5.** Serve : Plate: Once all components are ready, arrange the hot, crispy fried catfish, the bubbling cheesy baked spaghetti, and the fresh wedge salad together on

a dinner plate. Serve immediately.

SWAPS & NOTES

Catfish: While catfish is traditional, you can substitute with other white fish fillets like tilapia or cod.

Adjust frying time based on thickness.

Breading: The cornmeal and flour mix gives a classic crispy Southern crust.

You can add a pinch of cayenne to the breading for a little kick.

TIPS FOR SUCCESS

Oil Temperature: Maintaining the correct oil temperature for frying is crucial for crispy, non-greasy catfish.

Don't Overcrowd: When frying, don't overcrowd the pot.

This lowers the oil temperature and can lead to soggy food.

Pat Fish Dry: Always pat your fish dry before breading; this helps the coating adhere and get crispy.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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