

Zesty Lemon Pepper Fried Catfish - Crispy Southern Flavor in Every Bite

Zesty Lemon Pepper Fried Catfish



OVEN
350°F

TIME
30 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 4 catfish fillets
- 1 cup cornmeal
- $\frac{1}{2}$ cup all-purpose flour
- 1 tablespoon lemon pepper seasoning
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- 2 large eggs
- $\frac{1}{2}$ cup buttermilk (or milk)
- Vegetable oil (for frying)
- Lemon wedges (for serving)
- Chopped parsley (optional garnish)

DIRECTIONS

1. Prepare the Coating: In a shallow dish, combine:
2. Cornmeal
3. Flour
4. Lemon pepper seasoning
5. Garlic powder
6. Paprika
7. Salt
8. Black pepper
9. Mix thoroughly.
10. Make the Egg Wash: In a separate bowl, whisk together:
11. Eggs
12. Buttermilk
13. Whisk until smooth and fully combined.
14. Coat the Catfish: Dip each fillet into the egg mixture, ensuring it's fully coated. Then press it firmly into the cornmeal mixture, coating both sides evenly.
15. Place coated fillets on a plate while you heat the oil.
16. Heat the Oil: Pour about 1 inch of vegetable oil into a large skillet. Heat over medium-high until it reaches about 350°F. (If you don't have a thermometer, drop in a pinch of coating-if it sizzles immediately, you're ready.)
17. Fry the Catfish: Carefully place the fillets into the hot oil. Fry 3-4 minutes per side, or until golden brown and crispy.
18. Avoid overcrowding the pan-cook in batches if needed.
19. Drain and Serve: Transfer to paper towels to drain

excess oil. Serve immediately with fresh lemon wedges and chopped parsley.

SWAPS & NOTES

You can also add a teaspoon of lemon juice or vinegar to milk and let it sit for 5 minutes to mimic buttermilk.

Add 2 tablespoons of cornstarch to the flour mixture.

Spice It Up: Add a pinch of cayenne or hot sauce to the egg wash if you like heat.

Fish Substitutes: While catfish is traditional, this coating works beautifully on tilapia or even shrimp.

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

Original recipe: <https://chefmaniac.com/zesty-lemon-pepper-fried-catfish-crispy-southern-flavor-in-every-bite/>