

Lost Recipe—oven fried catfish

- 1 pound catfish fillets, cut in smaller (4) pieces
 - 1/2 cup cornmeal yellow
 - 1/2 cup skim milk
 - 1tsp onion powder
 - 1 tsp garlic powder
 - 1 tsp salt
 - 1/2 tsp celery seed (Combine salt and celery seed—celery salt)
 - 1/2 tsp paprika
 - 1/2 tsp pepper
 - 1/2 tsp thyme crushed
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- Combine dry ingredients; dip fish in milk then in mixture, pressing to coat all sides
 - place in non-stick sprayed tray
 - spray non-stick on fillets
 - bake at 425 oven for 15 minutes and let stand two minutes