

## PANKO CRUSTED OVEN FRIED CATFISH

This crispy panko crusted baked Catfish is a fabulous way to enjoy the fish. The Catfish fillets are dipped in a flavorful seasoned egg mixture and then coated with panko breadcrumbs. While deep-fried Catfish is fantastic, this baked version is an excellent replacement. You'll cut the fat and calories, but you won't sacrifice flavor. If you prefer a finer coating, pulse the panko.

### Ingredients

- 1 1/2 pounds Catfish fillets (cut into 4 to 6 oz. portions)
- Salt
- Freshly ground black pepper
- 1/4 cup all-purpose flour
- 1 1/2 cups panko breadcrumbs
- 3 tablespoons parsley (flat-leaf or curly, finely chopped)
- 2 large eggs
- 3 tablespoons mayonnaise
- 1 1/2 teaspoons Creole seasoning (or a similar seasoning salt)
- 1 lemon (cut into wedges, for serving)



### Steps to Make It

1. Gather the ingredients.
2. Heat the oven to 425 F/220 C/Gas 7.
3. Line a rimmed baking sheet with foil; spray the foil with nonstick cooking spray or brush lightly with oil.
4. Sprinkle the Catfish fillets all over (lightly) with salt and pepper.
5. Put the flour in a wide, shallow bowl. Combine the panko crumbs and parsley in another wide, shallow bowl. In a third bowl, whisk the eggs with the mayonnaise and Creole seasoning.
6. Dip a Catfish piece in the flour, coating thoroughly.
7. Then dip the fillet in the egg mixture, turning to coat both sides.
8. Next, roll the fish fillet in the panko crumb mixture, pressing lightly to help crumbs adhere to the fish. Repeat with the remaining pieces of fish.
9. Arrange the Catfish in the prepared baking pan. For pieces with a long, thin "tail," tuck the thin parts under the fillet. They should be uniform in thickness so they will cook evenly.
10. Bake the fish fillets for about 18 to 22 minutes, or until the Catfish is cooked through and flakes easily with a fork. The baking time depends on thickness, so adjust for very thin or thick fillets.
11. Serve the oven-fried fish fillets with lemon wedges, along with the condiments of your choice. Enjoy.

**Tip:** To test a piece of fish for doneness, insert a fork into the center of the thickest fillet. Twist and lift. The fish from the center should flake easily and appear opaque.