

Pretzel Crusted Catfish

4 Catfish Fillets (6 oz. each)

For a bite size snack, fillets can be cut into 1" pieces.

Sprinkle Catfish with:

½ tsp Salt

½ tsp Pepper

Prepare the following:

Whisk together in shallow bowl:

2 large Eggs

1/3 cup Dijon Mustard*

2 Tbsp 2% Milk

*Spicy Brown or Honey Mustard can be used in place of Dijon Mustard

Place in separate shallow bowls:

½ cup Flour

4 cups honey mustard pretzels – finely crushed

Instructions:

After fish is sprinkled with salt and pepper,

Dip in flour to coat all sides, shake off excess flour.

Next dip into egg mixture, then into pretzels (pat coating to adhere better).

Heat oil in skillet or electric skillet to 350°F. Fry fish fillets, a few at a time, 3-4 minutes on each side or until fish flakes easily (fry bite size pieces 1-2 minutes on each side).

Drain on paper towels.

