## Cajun Fish Fry

## INGREDIENTS

- 1 lb Louisiana catfish, cut into chunks
- 1 lb Louisiana large shrimp peeled, deveined
- 1 lb (pt) raw oysters, drained
- 3 Tbsp lemon juice
- 4 eggs
- 1 c buttermilk
- 1 c milk
- 3 tsp Cajun Seasoning
- 2 c flour
- 2 c Louisiana seasoned fish fry
- 1 ½ Qt vegetable oil

DIRECTIONS

- 1. In a bowl, coat seafood with lemon juice.
- 2. Heat oil to 350 degrees on deep fryer.
- 3. Make egg wash for seafood by beating eggs, buttermilk, milk and Cajun Seasoning together until combined.
- 4. Dredge seafood piece by piece in seasoned flour until coated. Dip into egg batter and then into fish fry mix, dredging until completely coated in seasoned fish fry.
- 5. Fry seafood separately as they each have different cooking times. Fish take the longest.
- Shrimp take less time than fish and oysters take the least amount of time.
- 6. Seafood is generally cooked when it floats. Cook for a minute longer for extra crunchiness.
- 7. Have extra fish fry and flour on hand in case you need more for battering.
- 8. Serve with Creole Remoulade or Spicy Louisiana Tartar Sauce





www.delcambremarket.org

## HEALTHY SWAPS

- Lower Fat: Air-fry seafood. 530 Calories. 8g Fat (3g Saturated fat, 210mg Cholesterol.) 1830mg Sodium. 68g Carbohydrates (4g Fiber, 5g Total sugar.) 37g Protein.
- Lower Carbohydrate: Opt for grilled or blackened seafood entree.
- Lower Sodium: Use salt-free Cajun seasoning and unseasoned fish fry mix to reduce sodium to 590mg.
- Dairy-free: Recipe is dairy-free as is.
- Gluten-free: Use gluten-free flour, fry mix and Cajun seasoning.

Nutrition	Amount/serving	% Daily Value* A	Amount/serving	% Daily Value*	The % Daily Value
	Total Fat 39g	50% T	fotal Carbohydrate 68g		(DV) tells you how much a nutrient in
Facts	Saturated Fat 5g	25%	Dietary Fiber 4g	14%	a serving of food contributes to a
6 servings per container	Trans Fat 0g		Total Sugars 5g		daily diet. 2,000
Serving size	Cholesterol 210mg	70%	Includes 0g Added Sugars	0%	calories a day is used for general
1.5 Cup	Sodium 1830mg	80% P	Protein 37g	74%	nutrition advice.
Calories 800	Vitamin D 0.2mcg	0% · Calcium 51mg	4% • Iron 4mg	20%	
per serving	Potassium 207mg	4%			