

Louisiana Style Fish and Chips

Recipe courtesy of John Reason, Delcambre Market Consultant Chef

INGREDIENTS

- 1 lb (4 filets) Louisiana catfish
- 2 Tbsp mustard
- 2 Tbsp Cajun seasoning
- 1 lb (2-3 whole) russets potatoes, sliced longways and 1/4 thin
- 1 pkg Louisiana Fish Fry or your choosing
- 1 (16 oz) small bottle club soda
- 2 eggs

DIRECTIONS

Make the egg wash:

- Add eggs to bowl, beat with fork, add small amount of your fish fry (1/4 cup) and mix well slowly adding your club soda and mixing.

Prepare fish and potatoes:

- Heat oil to 350 degrees.
- While oil is heating, slice potatoes lengthwise 1/4 thin; let sit in cool water.
- Rub mustard onto both sides of the catfish filets, and sprinkle with some Cajun seasoning.
- Dredge fish in dry fry batter/ move to egg wash dredge in egg wash back to the dry batter, getting a good coat on the fish.
- Fry in oil 3-4 minutes until golden. Once fish is cooked remove from oil and let rest on paper towel to remove some grease.

For the Chips :

- Remove from water. Pat dry with paper towel, season, toss in dry batter/ then eggs wash/ then back to dry batter.
- Fry for 4-5 minutes for the chips or until golden and the consistency you like.

Plate:

- Add a portion of chips to your plates and one filet per plate; serve with tartar sauce and ketchup enjoy.



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HEALTHY SWAPS

- **Lower Fat:** Air-Fry catfish filets and potatoes. 430 Calories. 7g Fat (3g Saturated fat, 125mg Cholesterol.) 1940mg Sodium. 57g Carbohydrates (6g Fiber, 4g Total sugar.) 29g Protein.
- **Lower Carbohydrate:** Opt for a blackened catfish filet with 1 c steamed vegetables. 200 Calories. 8g Fat (1g Saturated fat, 80mg Cholesterol.) 635mg Sodium. 7g Carbohydrates (4g Fiber, 2g Total sugar.) 23g Protein.
- **Lower Sodium:** Use salt-free Cajun seasoning such as Cajun180 La Cajun Gold “No-Salt” and unseasoned Louisiana Fish Fry Mix to reduce sodium to 210mg.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Ensure Cajun seasoning and fish fry mix are gluten-free.

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving	% Daily Value*	
	4 servings per container	Total Fat 35g		45%		Total Carbohydrate 57g	
Serving size 1 filet	Saturated Fat 4g		20%	Dietary Fiber 6g		21%	
Calories per serving	Trans Fat 0g			Total Sugars 4g			
	Cholesterol 125mg		42%	Includes 0g Added Sugars		0%	
680	Sodium 1940mg		84%	Protein 29g		58%	
	Vitamin D 0.26mcg	2%	• Calcium 54mg	4%	• Iron 3mg	15%	
	Potassium 954mg	20%					