

Fare Afield's Bourbon-Glazed Catfish

By Johnathan O'Dell

Serves 4

Prep Time: 5 minutes

Cook Time: 10 minutes

Four 6-ounce catfish fillets

1/4 cup cornmeal

2 tablespoons Cajun seasoning

1/2 cup vegetable oil

4 tablespoons butter

1/3 cup bourbon whiskey

1/2 cup dark brown sugar

Directions:

- Place oil in a large skillet or sauté pan on medium heat. In a shallow dish, combine cornmeal and Cajun seasoning and mix well. Coat catfish fillets in seasoned cornmeal, shake off any excess and set aside.
- In a small saucepan, melt butter over medium heat. Add bourbon and brown sugar and stir until sugar has dissolved. Cook over medium heat for 5 minutes.
- When the oil is hot, carefully add fillets and cook for 3 to 4 minutes or until done. Remove fillets to individual serving dishes, then spoon the bourbon glaze onto each fillet.

Originally published in the July-August 2015 issue of Arizona Wildlife Views magazine. To subscribe, visit www.azgfd.gov/magazine.