

## INGREDIENTS

- ¼cup pine nuts, plus
- 2 tablespoons pine nuts
- ¼cup yellow cornmeal
- ¼cup flour
- 1 teaspoon salt
- ¼teaspoon cayenne pepper
- ¼teaspoon ground cumin
- 4 catfish fillets
- ¼cup vegetable oil



## INSTRUCTIONS

1. Preheat oven to 350.
2. Spread pine nuts on a baking sheet and toast in oven for about 5 minutes or until golden brown.Cool.
3. Grind 1/4 cup of pine nuts and reserve remaining for garnish.
4. Mix ground pine nuts,cornmeal, flour, salt, cayenne pepper and cumin in a shallow dish.
5. Dredge fillets in the pine nut mixture.Set aside.
6. Heat oil in a large skillet over medium heat. Fry catfish fillets two at a time in the hot oil for 4 minutes on each side or until fish flakes easily when tested with a fork .
7. Sprinkle fillets with whole pine nuts and serve.

# NATIVE AMERICAN CATFISH WITH PINE NUTS

Ready In:  
13mins

Yields:  
4fillets

Ingredients:  
9

Serves:  
4

