



Servings 4

Prep Time 30 min

Cooking Time 90 min

## Southern Style Crappie



### Ingredients

2-8 crappie (or other panfish like perch, bluegill, sunfish), depending on the size

Kosher salt

1 cup all-purpose flour

2 eggs, beaten

1 cup coarse yellow cornmeal

½ teaspoon black pepper

1 teaspoon smoked paprika

1 cup white, stone-ground grits

2+4 tablespoons butter

2 tablespoons heavy cream

1 tablespoon fresh parsley, minced

1 tablespoon garlic, minced

1 tablespoon Cajun seasoning

Vegetable oil or lard for frying

### Directions

#### Step 1

Preheat oven to 400°F.

#### Step 2

Fillet the fish, removing the skin. Remove the gills and guts from the carcasses and dispose of them, keeping the actual carcasses. Put the carcasses in an oven-proof skillet and put them in the oven for 20 minutes, or until browned.

Meanwhile, season the fish fillets with a little pinch of salt, then set out three plates on your work station. Put the flour on one, the beaten eggs on the next, and mix the cornmeal, pepper, and paprika on the last. Set up a rack over paper towels to drain the fried fish.

#### Step 3

Once the fish bones are browned, transfer them to a pot and cover them with 4 cups of water. Bring to a very low simmer and cook for 20-30 minutes. Strain the resulting fish stock through a fine mesh strainer in order to catch all of the little bones. Discard the bones and solids. Add a pinch of salt to the stock.

#### Step 4

Add 3 cups of the fish stock (or just use plain water or chicken stock) to a medium pot and bring to a low boil. Slowly pour in the grits, whisking the whole time. Reduce the heat to low and keep cooking, stirring very often (especially towards the end) until creamy, about 20 minutes. Add 2 tablespoons of the butter and the cream and stir them in off the heat. Taste for seasoning, and add salt if necessary.





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### Directions

#### Step 5

Melt the other 4 tablespoons of butter in a pot or the microwave. Mix in the parsley, garlic, and Cajun spice. Set aside.

#### Step 6

Heat several inches of frying oil in a deep skillet or pot to 375°F.

#### Step 7

Dip fish fillets, one at a time, first in the flour, then in the egg, then in the cornmeal, being sure that they get completely coated each time. Carefully add the fillets to the oil (if frying more than 4, do them in batches) and cook for about 2 minutes per side, or until flaky on the inside and golden on the outside. Set on racks over paper towels to drain.

#### Step 8

Spoon the grits onto plates or bowls and perch the fried fillets on top. Drizzle the grits and fish with the Cajun butter. Enjoy!

