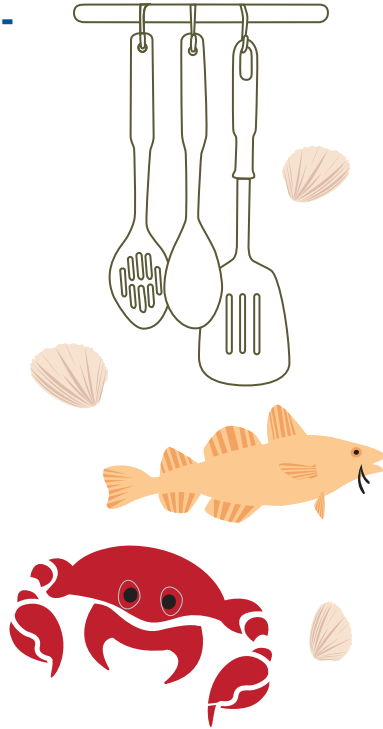


Crispy Catfish with Apple-Beet Slaw

Makes 4 servings.

INGREDIENTS:

- 1 cup all-purpose flour
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 2/3 cup flat beer
- 4 medium beets, peeled
- 2 tart apples, peeled
- 1 teaspoon grated ginger
- 2 tablespoons red wine vinegar
- 3 tablespoons olive oil
- Vegetable oil (for frying)
- 4 US farmed catfish fillets, cut into strips



DIRECTIONS:

1. Mix 1/2 cup flour, 1 tsp. salt, and 1/4 tsp. pepper in medium bowl to blend. Slowly whisk in beer until batter is smooth.
2. Cut beets and apples into thin slices using grater or food processor. Add grated beets and apples to medium bowl with the ginger and toss until ginger is evenly distributed.
3. Add vinegar, 1/2 tsp. salt, and 1/4 tsp. pepper to bowl and toss to coat evenly. Add olive oil, stir to combine. Taste and adjust seasonings.
4. Add 1/2 inch of vegetable oil to pan and heat oil over medium-high heat until 350 degrees, or about 3-4 minutes.
5. Coat fish with extra flour. Dip in batter, letting excess drip off. Fry fish until golden brown and crisp, about 4 minutes per side.
6. Remove & pat off excess oil with towel. Serve warm with apple-beet slaw.



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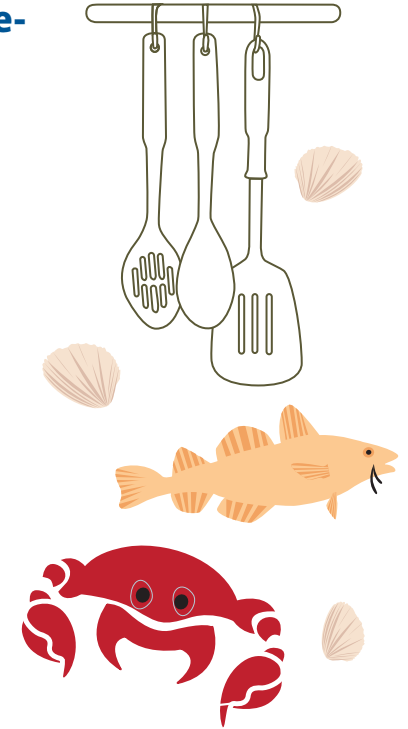


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