

Ohio State Fair Deep-Fried Catfish

2 to 4 Ohio catfish filets
2 cups cold water

1 box seasoned coating mix
oil

Preheat cooking oil to 350°F. Cut catfish into 1-inch square pieces. Soak catfish in cold water for 3 to 5 minutes. Remove catfish from water; shaking off any excess water. Roll catfish in seasoned coating mix and place in hot oil for 4 to 6 minutes or until done. Turn to ensure even browning. Let cool and enjoy!

Suggested OHIO PROUD Wine: Troutman Chardonnay



Dan Armitage and ODNR, Buckeye Sportsman, Columbus

Dan Armitage is a freelance outdoor writer and host of the popular “Buckeye Sportsman” radio show that airs each weekend on 17 radio stations across Ohio and West Virginia. The “Buckeye Sportsman” show features Ohio fishing and hunting topics and guest experts — including members of the Ohio Division of Wildlife who are experts at preparing game and fish for table, who will join him in preparing a state fair favorite: pan-fried catfish.

To get a list of upcoming show topics and to get a listing of local affiliates, visit www.buckeyesportsman.com.

The main ingredient for Dan’s featured recipe – channel catfish – can be caught all week long, right on the fairgrounds at the Kiddie Fishing Pond in the ODNR area on the southeast side of the fairgrounds. The free fishing opportunity for kids has been a state fair tradition for more than 75 years, and fish cleaning and cooking demonstrations are conducted there daily.