

Blackened Fish

Ingredients

6-8 to 10 oz. fish fillets, 1/2 to 3/4 inch thick
1/2 lb. unsalted butter, melted
1/2 tbs. paprika
2 1/2 tps. salt
1 tsp. onion powder
1 tsp. garlic powder
1 tsp. ground red pepper
3/4 tsp. white pepper
1/2 tsp. black pepper
1/2 tsp. dried thyme
1/2 tsp. dried oregano

Directions

Combine seasonings. (A prepared blackened seasoning may be used.) This should be cooked outdoors as it creates excessive smoke.

Heat a large cast iron skillet over high heat. Dip each fillet in butter and coat with seasoning mix. Place in hot skillet and top with one tsp. butter, cook uncovered over high heat about 2 minutes. Turn and cook 2 more minutes, serve immediately.

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