

Blackened Fish

Rub Ingredients

- 2 tsp. salt
- 1 tbsp. sweet paprika
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. cayenne
- 3/4 tsp. freshly ground black pepper
- 3/4 tsp. freshly ground white pepper
- 1/2 tsp. dried thyme
- 1/2 tsp. dried oregano

Other Ingredients

- 6 oz. (8-oz.) 1/2-inch-thick filets skinless, boneless
- Stick of butter, melted (or olive oil)

Preparation

1. In a small bowl, combine rub ingredients. Mix well and set aside.
2. Place a large cast-iron skillet over high heat until very hot, about 10 minutes. **COOK OUTSIDE IF POSSIBLE** (see tips below). It will get smoky, so turn on the exhaust fan and turn off the smoke detector if cooking indoors.
3. Meanwhile, pour 2 tablespoons of melted butter in each of 6 small ramekins; set aside and keep warm. Pour the remaining butter into a shallow bowl. Dip each fillet in the butter so that both sides are well coated. Sprinkle the spice mix generously and evenly on both sides of the fish, patting it on by hand.
4. When the skillet is heated, place the fillets inside without crowding and top each with 1 teaspoon of melted butter. Cook, uncovered, until the underside looks charred, about 2 minutes. Turn the fillets over and again pour 1 teaspoon of butter on top; cook until done, about 2 minutes more. Transfer to warmed plates and repeat with the remaining fish. Serve immediately, with a ramekin of butter on each plate.

Tips

If you have an outdoor cook area like a side burner on your grill, use this instead of cooking indoors. It is no joke that your smoke detector will go off if cooking indoors. To save propane on my grill side burner, I first heat my pan on my indoor cook top, and then **VERY CAREFULLY** carry it outside to do the cooking.

This recipe works great with striped bass, rockfish, lingcod, or any other white fish caught locally around here. Also works well with trout, kokanee, salmon, or whatever you bring onboard. This recipe is a winner!

Butter Alternate – use olive oil to coat the fish. This will stick, so you may need to oil the pan.