



Fish Recipes

Blackened Fish

- 1 - 1 1/2 lbs. fish fillets (can be done with any fish from bluegills to catfish)
- 1/2 tsp. ground white pepper
- 1/2 tsp. ground red pepper
- 1/4 tsp. salt
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/2 tsp. ground black pepper
- 1/2 tsp. dried ground thyme
- 3 tbsp. melted butter

Skin and cut fish into 4 - 6 ounce servings. Combine in small bowl onion powder, garlic powder, peppers, salt and thyme. Heat iron skillet or heavy aluminum skillet over high heat. Brush fillets with some of the melted butter. Coat fillets with seasonings. Coat heavy for very hot. Coat lightly for medium hot. Add fillets to un-oiled skillet, drizzle with a little butter. Cook, uncovered over high heat about 2-3 minutes per side or until fish flakes when probed with fork. Have your vent fan on or windows open as there may be some smoke from the butter. Can also be done on a hot grill.