

Blackened Red Fish

Blackening Season (Chef Paul or Old Bay Blackening Season)

Olive Oil

Red Fish Fillets

-Or-

From Scratch

1 tbsp paprika

1 tsp dried thyme

1 tsp cayenne pepper

1 tsp black pepper

½ tsp freshly ground white pepper

½ tsp salt

¼ tsp ground allspice

- Wash the fish under cold running water and pat dry with paper towels.
- Coat each side of Red Fish Fillets moderately in season.
- In a cast iron skillet, coat bottom of pan in olive oil. Heat oil before adding fish.
- Cook fish 3-4 minutes on each side depending on the thickness of fish and temp of oil. Use fork to test for doneness.

* Careful: As the fish cooks the moisture from the fish has a tendency to make the oil splatter.

Captain's Tip

Also works well with Flounder, Black Drum, Trout, Sea Bass and Snapper.

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