

Cajun Blackened Catfish

Oscar · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

4

Description

This is a blackened catfish recipe that I obtained from a very good Cajun friend who is a native of Lafayette Louisiana His friendly family welcomed me in many years ago and we have swapped many Cajun and Creole recipes through the years

Ingredients

- - 1 teaspoon kosher salt - 1 teaspoon ground black pepper - 1 teaspoon ground cayenne pepper - 1 teaspoon garlic powder - 1 teaspoon onion powder - 1 teaspoon paprika - 1 teaspoon dried parsley - ½ teaspoon dried oregano - ½ teaspoon dried thyme - 4 (4 ounce) catfish fillets
- skinned - ¾ cup unsalted butter

Instructions

1. Mix together salt
2. black and cayenne pepper
3. garlic powder
4. onion powder
5. paprika
6. parsley
7. oregano
8. and thyme in a shallow bowl until thoroughly combined. Press catfish fillets into the spice mixture to thoroughly coat. Melt butter in a bowl and set aside. Arrange a portable heat source outdoors
9. such as a butane burner or side burner of a gas grill. Light the burner
10. and place a large cast-iron skillet onto the burner over high heat. Pour about 1/4 cup melted butter into the skillet. When butter in the skillet is smoking hot
11. lay catfish fillets into the skillet. Cook until the spices are burned onto the fillets and the catfish is opaque and flaky inside
12. about 3 minutes per side. Don't breathe the smoke. To serve
13. pour remaining 1/2 cup butter over the catfish. Recipe Tip This recipe calls for cooking outside because of the intense smoking. Editor's Note: Please note differences in ingredient amounts when following the magazine version of this recipe.