

BLACKENED REDFISH

Source: Chef Paul Prudhomme's Louisiana Kitchen

Prepared: June 2018 by Kimi Nelson

Makes: 6 Servings

¾ pound (3 sticks) of unsalted butter, melted in a skillet

SEASONING MIX:

1 Tablespoon paprika

2 ½ teaspoons salt

1 teaspoon onion powder

1 teaspoon garlic powder

1 teaspoon cayenne pepper

¾ teaspoon white pepper

¾ teaspoon black pepper

½ teaspoon dried thyme

½ teaspoon dried oregano

OR Paul Prudhomme's Blackened Redfish Magic

6 (8-10 ounce) fish filets (preferably redfish, pompano or tilefish), cut about ½ thick. (Snapper, catfish & salmon will also work)

Heat a large cast iron skillet over very high heat until it is beyond the smoking stage and you see white ash in the bottom (the skillet can not be too hot for this dish), at least 10 minutes.

Thoroughly combine the seasoning mix ingredients in a small bowl. Dip each fillet in the reserved melted butter so that both sides are well coated; then sprinkle seasoning mix generously and evenly on both sides of the fillets, patting it in by hand. Place in the hot skillet and pour 1 teaspoon of melted butter on top of each fillet (be careful as the butter may flame up). Cook, uncovered over the same high heat until the underside looks charred, about 2 minutes. The time will vary according to the filets thickness and the heat of the skillet. Turn the fish over and again pour 1 teaspoon of butter on top; cook until fish is done, about 2 minutes more. Repeat with remaining fillets. Serve while piping hot.

COOK'S NOTES

I chose this dish because it was what made Paul Prudhomme famous! I didn't know where to find the redfish, so I sourced it through Chef Jerred Ashton at Jax Fish House. We actually did Redfish, Snapper and Sockeye Salmon. I liked the Redfish the best but the Sockeye was flavorful enough to hold up to the seasoning.

It is a very simple dish to make, but it should be done OUTSIDE! We used a propane burner and an iron skillet. I had a hard time adding the butter while it was cooking because it did flare up a lot.

I would definitely make this again. Super easy!

