

## BLACKENED CATFISH

AMOUNT	VOLUME	INGREDIENTS	SPECIAL NOTES
4	7-8 OZ FILET	CATFISH	
1	CUP	BLACKENING SPICE	
4	TBL	OLIVE OIL	FOR SEARING

## PROCEDURES

HEAT OIL IN FRYING PAN, DIP FILETS IN BLACKENING SPICE UNTIL COMPLETELY COATED,

PUT FILETS INTO THE HOT OIL AND COOK FOR 1 1/2 - 2 MINUTES UNTIL NICELY BLACKENED ON ONE SIDE.

PLACE ENTIRE FRYING PAN INTO A PREHEATED 400 DEGREE OVEN FOR 3-5 MINUTES UNTIL COOKED THROUGH.

SERVE WITH ANDOUILLE SAUSAGE ETOUFE SAUCE OVER THE TOP.


