

# Blackened Redfish



*Note: Serves 6*

## Ingredients

- 1 tbsp. sweet paprika
- 2 1/2 tsp. salt
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. cayenne
- 1 tsp. freshly ground black pepper
- 1/2 tsp. dried thyme
- 1/2 tsp. dried oregano
- 12 oz. butter, melted
- 6 oz. 1/2-inch-thick filets skinless, boneless redfish

## Method

*Combine paprika, salt, onion and garlic powders, cayenne, black pepper, thyme, and oregano in a small bowl and set aside. Put 2 tbsp. of the butter into each of six small ramekins; set aside and keep warm. Put remaining butter into a wide, shallow dish. Dip each filet in butter and place on a parchment paper-lined sheet tray. Dust each filet generously on both sides with spice mixture, pressing spices and herbs into fish with your hands. Pour remaining butter into a small bowl.*

*Preheat the oven to 200°. Heat a large cast-iron skillet over high heat for 5 minutes. Carefully place 2-3 filets in the pan. Stand back to avoid smoke and pour 1 tsp. of the remaining butter over each filet. Cook until the bottom of each filet appears charred, about 2 minutes. Turn filets over and pour 1 tsp. butter over each. Continue cooking until the fish is cooked through, transfer to a sheet tray on a rack and keep warm in the oven. Repeat the cooking process with remaining fish and butter. Serve with reserved warm melted butter.*