

BLACKENED REDFISH

Source: Chef Paul Prudhomme's Louisiana Kitchen

Prepared: January 2016 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
¼ teaspoon white pepper
¼ teaspoon black pepper
½ teaspoon dried thyme
½ teaspoon dried oregano

6 (8-10 ounce) fish filets (preferably redfish, pompano or tilefish), cut about ½ thick.

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.

Meanwhile, pour 2 Tablespoons of melted butter in each of 6 small ramekins and set aside and keep warm. Reserve the remaining butter in its skillet. Heat the serving plates in a 250 degree oven.

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.

To serve: place one fillet and a ramekin of butter on each heated serving plate.

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 Theresia Ota at Jax Fish House.

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!

