

Blackened Catfish

INGREDIENTS*

HOMEMADE BLACKENING SEASONING BLEND

- 2 Tablespoons paprika (use part smoked paprika if available)
- 1 Tablespoon onion powder
- 1 Tablespoon garlic powder
- 1 teaspoon ground black pepper
- 1 teaspoon kosher OR 1 teaspoon sea salt OR ½ teaspoon table salt
- 1 teaspoon dried basil

- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 to 3 teaspoons cayenne powder (use more for a spicier blend)

BLACKENED CATFISH

- ¼ cup of homemade blackening seasoning
- 4 frozen **catfish fillets**
- 1 Tablespoon **butter**
- 2 Tablespoons **vegetable oil**
- Lemon wedges OR lemon juice



Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

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INSTRUCTIONS

Homemade Blackening Seasoning Blend

1. Wash your hands before preparing food.
2. Make your own blackening seasoning for fish, chicken, beef, or even vegetables to provide a charcoal grilled flavor without the grill. Use this as a base recipe and adjust the amounts of cayenne powder for the hotness that is right for you.
3. Mix all ingredients together in a small dish with a cover. This seasoning blend will keep for up to 3 months in a cool, dry place.

Blackened Catfish

1. Wash your hands before preparing food.
2. Thaw catfish by placing in resealable bag submerging package in cold water, changing the water every 30 minutes to be sure it stays cold. Fillets should thaw in about an hour.
3. Preheat oven to 400° F. Prepare baking sheet by lining with parchment paper or aluminum foil.
4. Melt butter and mix with vegetable oil. Brush both sides of fish fillets with oil mixture.
5. Place homemade blackening seasoning on a dinner plate or in a pie pan. Press fish into seasoning and coat both sides.
6. Place fish on prepared baking pan and bake in hot oven for 15-17 minutes or until fish flakes easily and is nice and brown.
7. Serve with lemon wedges or lemon juice.

