

CHEF JERNARD'S BLACKENED CATFISH RECIPE

Ingredients

Catfish Ingredients

- Olive oil
- 4 tablespoons butter
- 4 (8 oz) catfish fillets
- Kosher salt for seasoning
- Black pepper for seasoning
- 2 teaspoons granulated garlic powder
- Chopped parsley for garnish

Blackening Seasoning

- 1½ teaspoons chili powder
- 1½ teaspoons smoked paprika
- 1½ teaspoons cayenne pepper
- 1½ teaspoons Cajun seasoning

Instructions

In a small bowl, mix the chili powder, smoked paprika, cayenne pepper, and Cajun seasoning. After cutting the catfish in half at a 45-degree angle sprinkle with salt and the blackening seasoning on each side of the fish. Place a large cast-iron skillet over medium-high heat. Add olive oil to the skillet and let it get hot. Right before adding the catfish to the skillet, add in the butter and let it melt (do not burn). Add the catfish to the skillet and sear on each side for about 4-5 minutes. Sprinkle the granulated garlic powder over each side of the catfish while cooking. This adds another layer of flavor to the catfish while also seasoning the grease. Serve the catfish with chopped parsley.