

Blackened Fish Fillets

by Greg Hebert

Ingredients:

Fish fillets

Vegetable oil

Spray on olive oil

Zataran's blackening seasoning

Instructions:

This is best used with an iron skillet or cast aluminum skillet on an outside cooker. Place fillets on a cutting board and spray well with the olive oil. Sprinkle seasoning heavily on the fillet. Do this to both sides. Coat your skillet with enough oil to cover the bottom. You do not need a lot of oil for this. When the oil begins to smoke, place the fillets in the skillet. Allow to cook for approximately 1 to 1½ minutes or until nicely blackened. Flip the fillet over and cook for about 1 minute. Fillet thickness will determine exact cooking time. Immediately pull from the skillet and serve with your favorite side dish.