



Blackened Redfish

Color pictures 5a–5g

Makes 6 servings

See the color pictures! They show just what happens when you use this special method of cooking fish.

$\frac{3}{4}$ pound (3 sticks) unsalted butter, melted in a skillet

Seasoning mix:

1 tablespoon sweet paprika

2½ teaspoons salt

1 teaspoon onion powder

1 teaspoon garlic powder

1 teaspoon ground red pepper (preferably cayenne)

$\frac{3}{4}$ teaspoon white pepper

$\frac{3}{4}$ teaspoon black pepper

$\frac{1}{2}$ teaspoon dried thyme leaves

$\frac{1}{2}$ teaspoon dried oregano leaves

6 (8- to 10-ounce) fish fillets (preferably redfish, pompano or tilefish), cut about $\frac{1}{2}$ inch thick (see **NOTE**)

NOTE: Redfish and pompano are ideal for this method of cooking. If tilefish is used, you may have to split the fillets in half horizontally to have the proper thickness. If you can't get any of these fish, salmon steaks or red snapper fillets can be substituted. In any case, the fillets or steaks must not be more than $\frac{3}{4}$ inch 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 skillet bottom (the skillet cannot be too hot for this dish), at least 10 minutes.

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