

SAVEUR

Savor a World of Authentic Cuisine

Jul 5, 2007

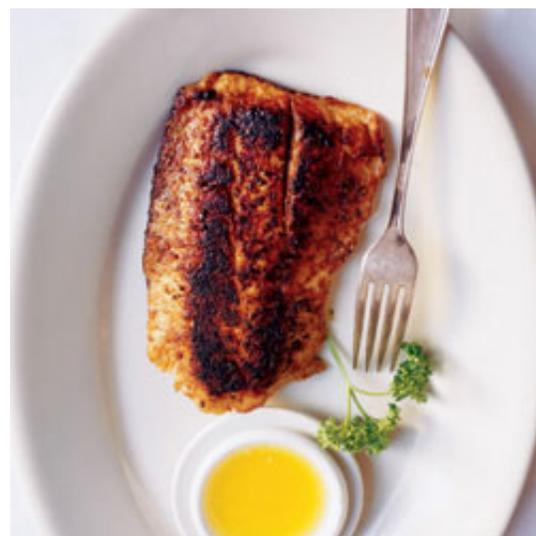
Blackened Redfish

This recipe is based on one in Chef Paul Prudhomme's *Louisiana Kitchen* (Morrow Cookbooks, 1984). Redfish (also known as red drum) is often farm-raised these days. It tends to be fatter and smaller than the wild-caught variety. Black drum makes a great substitute.

SERVES 6

INGREDIENTS

1 tbsp. sweet paprika
2½ tsp. salt
1 tsp. onion powder
1 tsp. garlic powder
1 tsp. cayenne
¾ tsp. freshly ground black pepper
¾ tsp. freshly ground white pepper
½ tsp. dried thyme
½ tsp. dried oregano
12 oz. butter, melted
6 ½"-thick 8-oz. skinless, boneless red drum, black drum,
or red snapper filets



Credit: Christopher Hirsheimer

INSTRUCTIONS

1. Combine paprika, salt, onion and garlic powders, cayenne, black and white pepper, thyme, and oregano in a small bowl and set aside. Put 2 tbsp. of the butter into each of six small ramekins; set aside and keep warm. Put remaining butter into a wide, shallow dish. Dip each filet in butter and place on a parchment paper-lined sheet tray. Dust each filet generously on both sides with spice mixture, pressing spices and herbs into fish with your hands. Pour remaining butter into a small bowl.

2. Preheat oven to 200°. Turn on ventilation system and open windows. Heat a large cast-iron skillet over high heat until white and ashy, 8–10 minutes. Carefully place 2–3 filets in pan. Stand back to avoid smoke and pour 1 tsp. of the remaining butter over each filet. Cook until bottom of each filet appears charred, about 2 minutes. Turn filets over and pour 1 tsp. butter over each. Continue cooking until fish is cooked through (time will vary according to heat of pan). Transfer to a sheet tray on a rack and keep warm in oven. Repeat cooking process with remaining fish and butter. Serve with reserved warm melted butter.