

# Blackened Catfish

## Ingredients

- 6 3-5 oz Superior catfish fillets
- 1 tsp. oregano leaves
- 6 tbsp. butter
- ½ tsp. ground cumin
- 4 tsp. paprika
- ½ tsp. thyme leaves
- 2 tsp. garlic powder
- ¼ tsp. ground red pepper
- 1 tsp. salt

## Instructions

1. Heat large cast iron skillet over medium heat until very hot.
2. Melt butter.
3. Combine spices in shaker.
4. Dip fillets in butter. Coat heavily with spices on both sides.
5. Fry 4-5 minutes on a side or until blackened.

Serves 6

