

# Blackened Drum

*This blackening spice comes together quickly with pantry staple spices. Making your own blend allows you to control the heat level and sodium. A squeeze of caramelized lemon brightens the flavor in this take on a New Orleans classic recipe!*

YIELD	PREP TIME	TOTAL TIME
4 SERVINGS	10 MIN	20 MIN

## INGREDIENTS

*For the Blackening Spice:*

- 1 ½ tsp Smoked Paprika
- ½ tsp Garlic Powder
- ½ tsp Cayenne Pepper
- ½ tsp Oregano, dried
- ¼ tsp Black Pepper, ground
- ¼ tsp Thyme, dried
- ¼ tsp Kosher Salt

*For the Drum:*

- 1 each Lemon, cut in half
- 1 lb Drum fillets, skinless, cut into four pieces
- 2 Tbsp Olive Oil
- 2 Tbsp Butter
- 1 Tbsp Parsley, fresh, chopped

## CHEF'S NOTES

*This Cajun dish of spiced red fish filets, cooked with butter in a hot skillet was popularized by Louisiana's own Chef Paul Prudhomme in the 1980s.*

When cooking tender fish, starting with dry filets, controlling the level of heat in your pan, and practicing patience is crucial to keeping the filets intact. The fish will release naturally when it's ready to be flipped. Using a thin metal or silicone fish spatula also helps to avoid the filets from breaking apart.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a small mixing bowl, combine the seasonings for the Blackening Spice and set aside.
3. On a cutting board, pat the fish dry on both sides using paper towels. Sprinkle the blackening spice over one side of the fish, using your fingers to press it into the flesh. Flip the fish over and repeat the seasoning process. Make sure to use all the seasoning.
4. Heat a large nonstick sauté pan over medium-high heat. Once hot, add the lemon halves, cut side down and allow to cook until caramelized and golden, about 1 -2 minutes. Remove and set aside for serving.
5. Add the olive oil, swirling to coat the pan. Place the drum filets in the pan one at the time and allow the first side to brown, about 2 – 3 minutes. Using a fish spatula, gently flip each filet and continue cooking until the internal temperature reaches 145°F, about 2 – 3 more minutes.
6. Add the butter and chopped parsley and use a spoon to baste the fish with the butter. Transfer the fish to a serving platter, pour the parsley butter over and serve immediately with the lemon halves.

# Nutrition Facts

4 servings per container

**Serving size about 4 oz. (143g)**

**Amount Per Serving**

**Calories 250**

**% Daily Value\***

**Total Fat** 18g **23%**

Saturated Fat 5g **25%**

*Trans Fat* 0g

**Cholesterol** 90mg **30%**

**Sodium** 210mg **9%**

**Total Carbohydrate** 2g **1%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 20g

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 1.3mg 6%

Potassium 340mg 8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK

Recipe adapted from "Blackened Halibut" by Risa's Cuisine, *Let's Cook Louisiana Creole*, [www.risascuisine.com](http://www.risascuisine.com)



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