

Blackened Grouper

4 grouper filets ‘

1tbsp. salt

1 stick unsalted butter melted in a bowl

Blackening seasoning

- 1 tablespoon paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon kosher salt
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon cayenne pepper, or to taste
- ½ teaspoon freshly ground black pepper

Preheat a cast iron skillet over high heat. Brush each side of the filets in butter and cover with blackened seasoning.

Place the grouper on the hot skillet and cook about 2 minutes per side or until the fish is done and the outside is black.

I prefer to use the grill as all the smoke don't get into the house.

Serve immediately.