

## Blackened Salmon 31-May-2015 · Dave and DeAnna LeVasseur

### Ingredients:

1.5 to 2 lb fresh salmon filets  
4T+ Paul Prudhomme Blackened Redfish Seasoning  
1/4 lb butter, melted

If the salmon looks too red it is probably dyed. Ask to see the undyed filets. Always ask to smell the filet before you buy it. If it smells 'fishy' don't buy it.



Prepare the salmon filets by removing the silver skin with a filet knife:



Place a cast iron skillet in grill (due to the amount of smoke generated by the blackening process this process is NOT recommended for indoor cooking). If possible remove the grates to place the pan directly onto the burners. Light the burners under the pan and any additional and close the cover until the grill reaches 450°F. While the grill is heating dry the filets with a towel and dredge in melted butter until coated. Apply blackened redfish seasoning liberally until the filet is fully coated. Once the grill has reached temperature open the cover and quickly place the filets in the pan SEASONED SIDE DOWN then close the cover. Don't move them once they have started to blacken.



The cooking time depends on the thickness of the filets and the temperature of the pan. A 3/4" thick filet may need five minutes on one side to cook halfway through.

Once the filets have blackened, as evidenced by a lot of smoke coming out from under the grill cover open the cover, quickly turn the filets and sprinkle the remaining seasoning onto the unseasoned sides of the filets. Close the cover and continue to grill for several minutes until the filets are cooked through. You can cut the thickets filet with the edge of a metal spatula to check doneness. Serve immediately.

