

Homemade Blackening Seasoning Blend – serves 4

<https://youtu.be/VsajfV8ep0s>

Ingredients*

Make your own blackening seasoning for cooking fish, chicken, beef, or other meats and even roasting vegetables. It will provide a charcoal grilled flavor without getting the grill out. Use this as a base recipe and adjust the amounts of cayenne powder for the hotness that is right for you.

- 2 Tablespoons paprika, use part smoked paprika if available
- 1 Tablespoon onion powder
- 1 Tablespoon garlic powder
- 1 teaspoon ground black pepper
- 1 teaspoon kosher OR 1 teaspoon sea salt OR ½ teaspoon table salt
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 to 3 teaspoons cayenne powder (use more for a spicier blend)

Mix all ingredients together in a small dish with a cover. This seasoning blend will keep for up to 3 months in a cool, dry place.

Blackened Catfish

Ingredients*

- ¼ cup of homemade blackening seasoning
- 4 **frozen catfish fillets**
- 1 Tablespoon **butter**
- 2 Tablespoons **vegetable oil**
- Lemon wedges OR lemon juice

Directions

1. Thaw catfish by placing in resealable bag submerging package in cold water, changing the water every 30 minutes to be sure it stays cold. Fillets should thaw in about an hour.
2. Preheat oven to 400° F. Prepare baking sheet by lining with parchment paper or aluminum foil.
3. Melt butter and mix with vegetable oil. Brush both sides of fish fillets with oil mixture.
4. Place homemade blackening seasoning on a dinner plate or in a pie pan. Press fish into seasoning and coat both sides.
5. Place fish on prepared baking pan and bake in hot oven for 15-17 minutes or until fish flakes easily and is nice and brown.
6. Serve with lemon wedges or lemon juice.

Source: LTBB of Odawa Indians Community Health and FDPIR programs

*Foods in **bold** are available through your Tribal **FDPIR (Food Distribution Program on Indian Reservations)**, also known as the USDA Commodity Food Program.