

## Blackening Technique

### Tools of the Trade

- 12 inch cast iron skillet, Lodge Classic Line is my favorite
- Infrared thermometer gun
- 2 spatulas
- 1 quart sauce pot & Basting brush
- Fish bone tweezer
- Lemon squeezer

### Ingredients

- Fish or Protein of choice
- 1 stick unsalted sweet cream butter, softened
- Dreux Boys Creole Seasonings 1940 Medium
- Kosher Salt Course
- 1- Lemon

### Blackening Technique

*Please note these cook times are for fish*

1. Remove the bones from the fish
2. Cut into serving size portions, around 5 to 6 ounces
3. Rinse and dry the fish with a paper towel
4. It's about to get smokey, turn your hood vent on, open a window
5. Get your cast iron skillet to 500°, dry pan, nothing in it
6. Brush soft butter on the presentation side of the fish
7. Season with Dreux Boys 1940 Creole Seasoning, lay it in the pan seasoning side down, set a 2-minute timer
8. Add butter & Dreux Boys 1940 to the up side while in the pan
9. Flip, set a 2-minute timer
10. Remove to the serving plate
11. Squeeze fresh lemon juice on top
12. Butter to coat the fish
13. Pinch of kosher salt, serve

### Do's & Don'ts

#### Do

- Pull your fish through melted butter or brush it on
- Soften the butter enough so it's pliable.

#### Don't

- Don't press your fish into the seasoning, this leads to over seasoning and creates a crust and will most likely burn then fall off.
- Like most Louisiana foods, people have the misconception of it being overly spicy, our goal is well seasoned not when your mouth wants to fall out of your head.
- Don't use thick fish, the goal is a fillet, around 1-inch thickness.

### Types Of Proteins to Blacken

- **Fish** - red fish, red snapper, catfish, salmon, arctic char, black drum
  - The ideal fish to blacken has a higher fat content which helps it stay intact
- **Shrimp** - use jumbo size around 16 to 21 count
- **Beef** - prime rib, ribeye, new york strip
- **Pork chops** - bone in or bone out

