

# Blackened Seasoning for Fish

Use only dried (not fresh) seasonings

½ cup (125 ml) cayenne pepper

1 cup (250 ml) whole oregano

½ cup (125 ml) whole thyme

1 tbsp (15 ml) salt

1 tbsp (15 ml) black pepper

In a food processor blend cayenne pepper, whole oregano and whole thyme for 1 minutes. Next add salt, black pepper and process for another minute. Blacked seasoning is used to coat the fish and fry in very hot butter for a short period of time. Follow your recipe instructions. Use only in cooking. This is not a good table seasoning. Makes 2 cups + 2 tbsp (530 ml) seasoning.

From [‘Dat Little Cajun Cookbook](#) by Chef Remy