

## [RECIPE FOR BLACKENED CATFISH](#)



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### **Barlow's Blackened Catfish Recipe Allrecipes com**

Arrange blackened fillets in a single layer in the prepared baking dish, and coat with Italian-style salad dressing. Bake 30 to 35 minutes in the preheated oven, until fish is easily flaked with a fork.

<http://ebookslibrary.club/Barlow's-Blackened-Catfish-Recipe-Allrecipes-com.pdf>

### **Blackened Catfish Recipe Cooking Light**

Catfish is a perfect partner for the bold flavors of this spice blend, but any thin, white-flesh fillet such as trout, snapper, or perch are worthy substitutions in a pinch. Don't skip the lemon; it adds brightness and acidity to balance the fiery fish and buttery sauce.

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### **Cajun Blackened Catfish Recipe Allrecipes com**

When the butter in the skillet is smoking hot, lay the catfish fillets into the skillet. Cook until the spices are burned onto the fillets and the catfish is opaque and flaky inside, about 3 minutes per side. Don't breathe smoke from burning spices. To serve, pour remaining 1/2 cup of butter over the catfish.

<http://ebookslibrary.club/Cajun-Blackened-Catfish-Recipe-Allrecipes-com.pdf>

### **Blackened Catfish Recipe The Neelys Food Network**

Preheat a cast iron skillet to medium high with peanut oil. Mix dry ingredients together. Cover both sides of catfish with the seasoning mix and place in skillet. Cook on one side for 4 minutes

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### **Blackened Catfish Recipe MyRecipes**

When you find a spice mixture you like, double or triple the recipe, and save the extra to use with other seafood (such as shrimp), chicken, pork, or even potatoes.

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### **Blackened Catfish Recipe Real Simple**

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### **Blackened Catfish Recipe Fish Packed With Flavor**

Give our blackened catfish recipe a try if you're looking for a change of routine. This recipe that comes your way courtesy of a cousin from Louisiana, is packed with flavors that will heat up your dinner table.

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### **Blackened Catfish Recipe Genius Kitchen**

I have always been a fan of catfish. We lived in Baton Rouge, LA several years ago and I became a fan of blackened catfish. This is a wonderful recipe that is quick to fix.

<http://ebookslibrary.club/Blackened-Catfish-Recipe-Genius-Kitchen.pdf>

### **Blackened Catfish bitesofflavor com**

Blackened Catfish is homemade blackened seasonings and catfish cooked in cast-iron skillet. It's sure to be a crowd pleaser. Weight Watcher friendly recipe- 1 SmartPoint!

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