

Blackened Fish with Easy Remoulade Sauce

While signature spice mixes sound good, the real secret to blackened fish is plenty of butter and high heat. This technique is a great way to experience the thrills of carbon steel cooking—hot and fast. Dredge any flakey fish filet (trout, steelhead, halibut, snapper, or catfish, for example) in melted butter and this spice mixture adapted from Emeril Lagasse. Then, get an 8-inch fry pan or saute pan smoking hot. Serve the blackened fish with this easy remoulade sauce or use them to assemble a Creole fish sandwich.

Prep Time 15 minutes

Cook Time 4 minutes

Total Time 20 minutes

Servings 2

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Ingredients

For the spice mix:

- 2 ¼ teaspoons sweet paprika
- 1 ½ teaspoons kosher salt
- 1 ½ teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon ground black pepper
- ¾ teaspoon onion powder, optional
- ¼ teaspoon cayenne, or more to taste

For the remoulade sauce:

- 1 teaspoon spice mix (from above)
- ⅓ cup mayonnaise
- ½ teaspoon Dijon
- Dash Worcestershire sauce
- ½ teaspoon fresh lime juice
- 1 scallion, finely chopped

For the fish:

- 4 tablespoons unsalted butter, melted
- 2 5- or 6-ounce filets flakey fish, such as trout, steelhead, halibut, snapper, or catfish
- Lime wedges for serving

Instructions

1. Combine the spice mix in a ramekin.
2. To make the remoulade, whisk 1 teaspoon of the spice mix with the mayonnaise, Dijon, Worcestershire sauce, and scallion in a small bowl. Chill until ready to serve.
3. Place the fish filets on a large plate and pour 2 tablespoons of the melted butter over it to cover. Sprinkle the spice mix to coat well and evenly on all sides.
4. With the oven fan on high, set the skillet over high heat. When wisps of smoke appear, lay the filets into the pan. Pour the remaining butter over them and cook until very aromatic, just under 2 minutes. Reduce the heat to medium-high, turn the filets and cook the second sides until the fish flakes easily with a fork, about 2 minutes more, depending on thickness.
5. Transfer to two serving plates and dollop with the reserved remoulade sauce and a squeeze of fresh lime juice.