

# TIM FARMER'S COUNTRY KITCHEN

## **CATFISH (BLACKENED)**

*Catfish filets*

*Corn meal*

*Oil*

*Blackened seasoning*

### **Blackened Seasoning**

*1 tablespoon sweet paprika*

*2 1/2 tablespoons salt*

*1 teaspoon onion powder*

*1 teaspoon garlic powder*

*1 teaspoon cayenne*

*3/4 teaspoon white pepper*

*3/4 teaspoon black pepper*

*1/2 teaspoon dried thyme*

*1/2 teaspoon dried oregano*



Season catfish filets with sprinkle of blackened seasoning. Add good amount of seasoning to corn meal and mix to combine. Dip catfish in corn meal mixture and coat on each side. Heat oil in a pan until hot. Add fish and cook 3-5 minutes per side, or until golden brown.