



Cajun Blackened Redfish

Yields 4 servings

Ingredient

¼ cup butter, melted
1 teaspoon cayenne pepper
1 teaspoon freshly ground black pepper
1 teaspoon lemon pepper
1 teaspoon garlic powder
1 teaspoon salt
1 ¼ cups Italian-style salad dressing
4 fillets red drum

Directions

Step 1

Preheat oven to 350 degrees F (175 degrees C).

Step 2

In a medium saucepan, melt the butter on low heat; cool to room temperature. Meanwhile, in a medium bowl, combine the cayenne pepper, black pepper, lemon pepper, garlic powder and salt. Set aside.

Step 3

Dip the filets into the melted butter, then coat with the seasoning mixture.

Step 4

In a large skillet over high heat, sear fish on each side for 2 minutes or until slightly charred.

Step 5

Place in a 11x7 inch baking dish and pour the Italian dressing onto each filet. Cover baking dish and bake in a preheated oven for 30 minutes or until flaky and tender.

Allrecipes