

# Blackened Catfish

- juice of one lemon
- 4 tablespoons butter, melted
- 1/3 cup [Cajun seasoning](#) <sup>[1]</sup>
- 1/3 cup masa flour
- 4 catfish fillets (or flounder, or haddock, or any one of a number of flaky non-steak fish)
- 8 ounces white wine

Heat a cast iron skillet over medium-high to high heat, until a drop of water sizzles.

Add lemon to butter.

Combine spice mixture and flour.

Dredge catfish through butter.

Rub spice mixture on each side of fillet.

Throw each fillet on skillet for 2 to 3 minutes each side.

Remove fish from skillet, add remaining butter and wine to skillet. Cook over medium-high heat, whisking the remnants from the bottom of the pan into the wine, bringing to a simmer and reducing to a sauce.

Pour the sauce over fish, and serve immediately.

Serves: 4

Preparation time: 20 minutes

— [Subscriptions \(1\)](#)

---

©1992-2014 by Scott David Gray

**Source URL:** <http://kitchen.unseelie.org/node/161>

**Links:**

[1] <http://kitchen.unseelie.org/.#86>