



Recipes

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Blackened Fish

Serves 12

Ingredients:

4 tsp. Ground Black Peppers
4 tsp. Ground Coriander
1 tsp. Cayenne Pepper Sauce
1 tsp. Paprika
1 tsp. Garlic Powder
1 tsp. Salt
3 lbs. Halibut Fillets (or any preferred white fish)
Canola Oil

Directions:

1. Combine all spices together. Thoroughly coat the fish with the seasoning.
2. Heat a skillet over high heat. Add the oil and the seasoned fish. Cook both sides of the fillet until cooked through.