



Pecan crusted blackened catfish

NIBBLEDISH CONTRIBUTOR

Ingredients

Ingredient: 2 large fillet of catfishes 2 table spoon of butter 1 clove of garlic 1 tsp. cayenne 3/4 tsp. black pepper 1/2 tsp. oregano Bread crumb Salt and pepper Crushed pecans

Instructions

Mix the spices and seasonings well. Dip fillets in melted butter mixed with chopped garlic then coat with seasoning mix (cayenne, black pepper, oregano, bread crumb crushed pecans, salt and pepper). Oil a heavy skillet and heat until oil begins to smoke. Cook fillets in very hot skillet two or three minutes on each side. Served on top of a generous serving of mandarin salad with orange infused dressing.