



# AUGUST SPICE CLUB

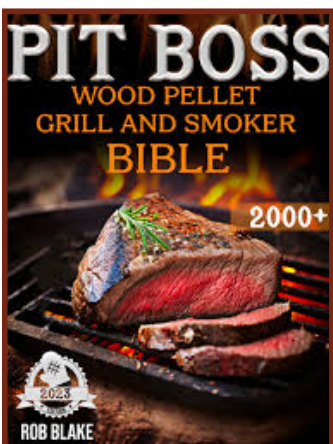
THIS MONTH'S SPICE IS

## BLACKENED CAJUN SEASONING



LARGER-THAN-LIFE CAJUN CHEF PAUL PRUDHOMME INVENTED THE BLACKENING TECHNIQUE IN 1980S NEW ORLEANS. ITS LEGACY IS ONE OF THE MOST FLAVOURFUL WAYS TO PREPARE FOOD, ADDING A DELICIOUS, SPICY, SMOKY ELEMENT TO FOOD THAT PEOPLE FIND IRRESISTIBLE. HIS GOAL WAS TO FIND THE BEST WAY TO USE DRIED HERBS AND SPICES, AND TO REPLICATE THE FLAVOUR OF OPEN-FIRE CHARCOAL GRILLING IN A COMMERCIAL KITCHEN. PRUDHOMME'S REVELATION WAS NOT JUST IN THE INGREDIENTS - A SECRET SPICE BLEND - BUT CRUCIALLY IN THE COOKING PROCESS, WHICH BECAME KNOWN AS HIS FAMOUS BLACKENING TECHNIQUE.

## RECOMMENDED MATERIALS AT THE LIBRARY



# Blackened Fish Tacos

## INGREDIENTS

- 1 1/2 lbs cod, cut into filets
- 3 tablespoons salted butter
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1 tablespoons lime juice
- 2 cups shredded cabbage
- 1/2 cup pico de gallo, homemade or store bought
- corn tortillas, warmed
- lime wedges, for serving



## DIRECTIONS

1. Place the fish in a baking dish or other container and season liberally with blackening seasoning. Reserve 1 teaspoon of seasoning for the white sauce. Let the fish sit in the seasoning blend for at least 30 minutes, up to 3 hours.
2. Whisk together the mayonnaise, sour cream, lime juice, and 1 teaspoon of blackening seasoning until smooth. Refrigerate until ready to use.
3. Melt the butter in a large nonstick skillet over medium heat. Once the butter is melted and foamy, add the fish in a single layer. Depending on how many pieces, you may want to cook them in batches. Cook for 3-4 minutes per side, until browned and the fish is cooked through and flaky.
4. Gently flake the fish into large chunks and assemble on warmed corn tortillas topped with cabbage, pico de gallo, and some of the sauce. Serve with lime wedges on the side.

RECIPE FROM SO MUCH FOOD BLOG

**DANVERS**

TOWNSHIP LIBRARY