



March 11, 2015
Seafood Culinary Class

Blackened Grouper

Ingredients

- Blackening Spice:
- 1 tablespoon black peppercorns
- 1 tablespoon coriander seed
- 1 teaspoon cayenne pepper
- 1 teaspoon Spanish paprika
- 2 lemons, zest, dried
- 2 oranges, zest, dried
- Salt and pepper

Directions:

1. Rub Grouper fillets with blackening spice
2. Add to hot oiled pan
3. Sear till blackened then flip and finish in oven till done