**Blackened Salmon**

Need Cast Iron Pan

1 - 2 Pounds King, Coho or Steal-head Salmon

2 TBSP Butter

House Seasoning

Blackening Seasoning

Whole Lemon

Dill Weed - dried or fresh minced

Preheat oven to 400 degrees Season Salmon with house seasoning and blackening seasoning. Set aside. Spray cast iron pan with cooking spray(Pam). In cast iron pan over medium heat melt butter - just as it is starting to brown add the salmon flesh side down. You will see it foam up around the sides. Allow to cook 4 minutes. Flip each piece with skin side down. Place in 400 degree oven for 10-15 minutes. I usually check with meat thermometer center should be 170 to 180 degrees. Remove from oven. Top each piece with a sprinkle of dill weed. Squeeze lemon over every piece of fish. Serve immediately.

**Blackening Seasoning:**

2 tablespoon smoked paprika (or use regular paprika)

1 tablespoon Chili Powder

1 tablespoon onion powder

1 teaspoon garlic powder

1 teaspoon ground black pepper

1 teaspoon sea salt

½ teaspoon dried basil

½ teaspoon dried oregano

½ teaspoon dried thyme

1/4 teaspoon cayenne - optional

House Seasoning

Equal parts:

Ground Black Pepper

Kosher Salt

Garlic powder

Onion powder

Celery Salt

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