1 tablespoon paprika

2 teaspoons dry mustard

1 teaspoon cayenne pepper

1 teaspoon ground cumin

1 teaspoon black pepper

1 teaspoon white pepper

1 teaspoon dried thyme

1 teaspoon salt

3/4 cup unsalted butter, melted

6 (4 ounce) fillets trout

1/4 cup unsalted butter, melted

Blackening is a cooking technique used in the preparation of fish and other foods. Often associated with Cajun cuisine, this technique was popularized by chef Paul Prudhomme.[1] The food is dipped in melted butter and then dredged in a mixture of herbs and spices, usually some combination of thyme, oregano, chili pepper, peppercorns, salt, garlic powder and onion powder. It is then cooked in a very hot cast-iron skillet.

Calories 420Kcal 21%

Cholestrol 148mg 49%

Fiber 0.9g 4%

Sodium 428mg 17%

Carbohydrates 1.8g <1%

Fat 35.3 g 54%

Protein 24.3g 49%