Black Stone Griddle

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| 08/27/2018 | Fajitas  <https://www.youtube.com/watch?annotation_id=annotation_2749113065&feature=iv&src_vid=3EvWMlVv1Vs&v=VVcergkLu50>  <https://www.myrecipes.com/recipe/best-steak-fajitas>  Buy Outer Skirt Fajitas (versus Inner Skirts) they are the most tender  Marinate Fajitas 4 Hours in:  Olive Oil  Garlic  Cumin  Oregano  Worcestershire Sauce  Chili Powder  Salt  Griddle or Skillet:  Olive Oil  Onions  Bell Pepper  Marinade  Cook on Medium High for 5 minutes  Griddle or Skillet  Olive Oil  Cook Fajitas meat for 4 minutes on each side |  |
|  | Blackened Catfish  <https://www.youtube.com/watch?v=FeHHAOujUr4>  4 catfish fillets  1 tablespoon chili powder  1/2 tablespoon Tony Chachere's Seasoning  1/4 tablespoon sea salt  1 teaspoon black pepper  1/2 tablespoon garlic powder  1/2 tablespoon onion powder  1 tablespoon thyme 1 lemon Extra Virgin Olive Oil  Lemons  Garlic/Butter Sauce  Mix all of the dry ingredients in a small bowl to create a dry rub. Coat the fillets on each side with the rub and set aside. Add a small amount of oil to a large cast iron skillet and bring the heat up to high. Place a fillet into the center of the pan, topside down, and cook for 3-4 minutes. Flip, and cook for another 3-4 minutes. Coat with a little lemon juice, Garlic-Butter saucegirlscoutcookie99@gmail.com and serve hot. |  |
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