



Willie D's Castiron Blackened Catfish

Prep: 5 mins Total: 10 mins

- 1 pound of catfish
- 2 fresh bay leaves
- ½ teaspoon cayenne pepper
- 1 stalk of fresh thyme
- 1 stalk of fresh sage
- 1 stick of butter

1/2 teaspoon Willie D's "That Creole" seasoning (SEASON TO TASTE)
1/2 teaspoon of Willie D's "Voodoo Magic" seasoning (SEASON TO TASTE)
1/2 teaspoon of Clammy Joe's "Bay Bae Seasoning" (SEASON TO TASTE)

Mix Willie D's "That Creole" seasoning, Willie D's "Voodoo Magic" seasoning, and Clammy Joe's "Bay Bae Seasoning" together.

Seasoning the catfish with the spice mixture.

Heat a large cast-iron pan or saute pan over high heat until it is "white hot".

Add butter and fresh herbs to the pan.

When butter begins to slightly smoke, add catfish fillets and cook on each side, about 2 to 3 minutes. Cook in batches, if necessary, and transfer cooked fillets to a preheated 200 degree F oven while cooking remaining fillets.

To serve, top each fillet with 1/2 tablespoon of butter and serve with a lemon wedge.



Pecan "Dirty" Rice

Prep: 5 mins Total: 20 mins

Let me be the first to say, this pecan dirty rice is full of flavor and extremely tasty. I actually prefer this more than regular dirty rice. The nutty flavor the pecan provides blends well with the other flavors the holy trinity brings! Pair this with Willie D's Cajun Blackened Cast Iron catfish.

pecans
1 tsp coconut liquid aminos
celery
green pepper
onion
fresh garlic
sodium-free vegetable broth
fresh thyme
dried or fresh bay leave
grapeseed oil for frying

**A few sprinkles of Willie D's "Voodoo Magic"
Seasoning Salt**

Pecan "Meat"

Sautee onions, fresh garlic, green pepper, celery, thyme, and bay leaves until fragrant.

Seasoning with Willie D's "Voodoo Magic" Seasoning salt.

Reserve half of the sauteed vegetables.

Add pecans, coconut liquid aminos, Willie D's "That Creole" seasoning, and reserved vegetables to a food processor.

Process and add the pecan "meat" to a pre-warmed skillet pot lined with grapeseed oil.

Lightly sautee.

Add 2 cups of vegetable broth.

Bring to a boil.

Add 1 cup of rice.

Reduce to a simmer and cover.

Rice takes about 20 mins to cook.

Fluff, serve, and enjoy!



If you don't have Willie D's seasoning you can make your own Blackened seasoning by using:

2 tablespoon smoked paprika (or use regular paprika)

1 tablespoon cayenne powder (use more for a spicier blend)

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