

GOURMET FISHING

Season II - Episode XII



INFO-SHORTS



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Blackened Seasoning



Host, Chef & Guide, David Murray

BLACKEN SEASONING
BLACK'N PLUFF MUD RUB
USED EXCLUSIVELY @ ABACO'S BAR & GRILL



Abaco's Blackened Dolphin
served with Lowcountry Slaw





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Grocery List

Paprika

Ground White Pepper

Course Black Pepper

Granulated Onion Powder

Granulated Garlic Powder

Ground Thyme

Dry Oregano

Kosher or Course Salt



Black'n Pluff Mud Rub - Blackened Seasoning

Blackened Seasoning

used exclusively at Abaco's Bar and Grill



4 Tablespoons Paprika

1 Tablespoon Ground White Pepper

1 Tablespoon Course Black Pepper

4 teaspoons Granulated Onion Powder

4 teaspoons Granulated Garlic Powder

2 teaspoons Ground Thyme

2 teaspoons Dry Oregano

1 Tablespoon Kosher or Course Salt

4 teaspoons Cayenne Powder





Blackened Seasoning



Lets take a metal bowl and then add our 4 tablespoons of paprika and the next 6 ingredients. Here is where you can make a difference in your seasoning. I would recommend you try the quantities I have crafted and then make changes to your needs and likes. You can add more or less of the salt to your taste. Let's add the salt and know the 4 teaspoons of cayenne pepper. Again, try my concoction first and then reduce or add more of the heat or cayenne pepper.

At this point, you can simply mix the ingredients well to create a homogeneous mixture or you can use a spice grinder. What is a spice grinder you may ask? Well, mine is an old coffee grinder I have cleaned out and repurposed.

Add the blackened spice mix to the grinder, and then pulse the grinder two times for about 1 second each. Then shake the grinder to loosen the mix and then pulse one last time for about a half a second.

Pour the blackened seasoning back into the bowl and it is ready to use or place it in a jar or zipper bag for storage.



Episode XIII

Blackened Dolphin

In Episode XIII, we will take our Blackened Seasoning and create an awesome Blackened Dolphin entree served with a couple of great sides. Super Sour Cream and Butter Mashed Potatoes and Grilled Asparagus with a Lime Bernese Sauce.





Equipment List

Metal Bowl

Measuring Spoons

Spice or Used Coffee Grinder



Gourmet Fishing



We catch fish, and then, We cook our catch...

Salt Marsh Sauces & Rubs
HANDCRAFTED South Carolina

RED PLUFF MUD SAUCE
BBQ Sauce & Marinade

FROM A TOMATO PLANT

From the deep south and the South Carolina Low Country Coast comes the Salt Marsh Sauces and Rubs. Crafted from the soul, I deliver you the best red pluff mud you can find.

Made in the USA and the Low Country of South Carolina, your yellow pluff mud will make everything taste good.

<small>Batch</small>	<small>Best By</small>
1M-2016	

The sauce that shakes the southland...

A SOUTH CAROLINA OWNED COMPANY



Murray Development, LLC
Salt Marsh Apparel
PO Box 771 Goose Creek, SC 29445

Salt Marsh Sauces & Rubs
HANDCRAFTED South Carolina

YELLOW PLUFF MUD SAUCE
BBQ Sauce & Marinade

FROM A TOMATO PLANT

From the deep south and the South Carolina Low Country Coast comes the Salt Marsh Sauces and Rubs. Crafted from the soul, I deliver you the best yellow pluff mud you can find.

Made in the USA and the Low Country of South Carolina, your yellow pluff mud will make everything taste good.

<small>Batch</small>	<small>Best By</small>
2M-2016	

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THE ORIGINAL
**SALT MARSH
DIRT SHIRT**

Salt Marsh Galleries
Charleston, South Carolina