

**BLACKENED CAJUN FISH****WHAT YOU WILL NEED**

- 4 Fish Fillets
- 1 tablespoon sweet paprika
- 2 teaspoons sea salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon cayenne
- 1 teaspoon chili powder
- ¾ teaspoon white pepper
- ¾ teaspoon black pepper
- 1 tablespoon dry mustard powder
- ½ teaspoon dried basil leaves
- ½ teaspoon dried thyme leaves
- ½ teaspoon dried oregano leaves
- 4 tbsp. Rouses Olive Oil

HOW TO PREP:

1. Mix all dry ingredients in a mixing bowl
2. Coat Fish with Olive Oil
3. Sprinkle fish with seasoning blend
4. Coat skillet with olive oil and place fish to cook
5. Cook Fish for 5 minutes on each side.
6. Enjoy!

CAJUN REMOULADE SAUCE**WHAT YOU WILL NEED**

- 1 Large Stalk Celery, Chopped
- 2 Green Onions, Chopped
- 1 Garlic Clove, Chopped
- ¼ cup white onion Finely Chopped
- ¼ cup Rouses Olive Oil
- 1 Tablespoon Italian Parsley, Finely Chopped
- 2 Tablespoon Rouses Creole Mustard
- 2 Tablespoon Smoked Paprika
- 1/4 Cup White Vinegar
- 1 Teaspoon Worcestershire Sauce
- 1 Tablespoon Horseradish
- 2 Teaspoon Louisiana Hot Sauce
- 2 Tablespoon Ketchup
- Kosher Salt
- Freshly Ground Black Pepper To Taste
- 1/2 Teaspoon Cayenne or to taste

HOW TO PREP

1. Combine all ingredients except the olive oil in a medium mixing bowl and whisk until all ingredients are incorporated.
2. In a separate mixing bowl add ¼ cup Rouses Olive Oil and whisk until thick, about 2 minutes.
3. Combine oil mixture into remoulade mixture and whisk until all is incorporated. If wanting smother remoulade combine the above ingredients in a food processor, process until smooth. With the motor still running, slowly drizzle in ¼ cup First Cold Pressed Olive Oil.
4. Refrigerate overnight.