



Garden Fresh Farm Recipes

Blackened Seasoning

You can make your own Blackened Seasoning with spices you have at home right there on your spice shelf. Cajun blackened seasoning is a spicy southern tradition. There are several commercial products available BUT you most likely have all the ingredients to make up your own. We use this on blackened grilled chicken or in our Cuban Tilapia recipe.

Ingredients:

- 1 Tbls paprika
- 2-1/2 tsp salt
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp ground red pepper
- 3/4 tsp white pepper
- 3/4 tsp black pepper
- 1/2 tsp thyme
- 1/2 tsp sage
- 1/2 tsp oregano

Directions:

Combine the dry spices together in a bowl. You may need to grind the combined ingredients with a mortar and pestle.