

BLACKENED CHICKEN SANDWICH

For the blackened seasoning (makes 3/4 cup)

- 2 tbsp Paprika
- 1 tbsp brown sugar
- 1 tbsp oregano
- 1 tbsp thyme
- 1-2 tsp cayenne powder (depending on spice level)
- 1 tsp onion powder
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp salt

- 2- 3 large chicken breasts, boneless, skinless, about 1 1/2-2 pounds
- High heat oil, like avocado, canola, grape seed
- 1 tablespoon butter, as needed, for frying

Simply measure out and mix all the ingredients for the blackened seasoning.

If you are using whole breasts you will need to cut them in half. They are too thick for a sandwich. Slice them in half lengthwise. Season the chicken well with salt and coat it very well using the spice mixture. If the mix is not sticking, coat the chicken with some oil to help the mixture to stick. Either way just be careful not to rub it too much or it will get clumpy with seasoning.

Set a pan (cast iron is much better for this) or griddle to med / high, and add the butter and oil when it gets hot. When the butter has melted, and just barely beginning to smoke, add the chicken. Cook about 5-7 minutes on the first side, then turn it over and cook the other side, another 4-5 minutes. If you are doing multiple batches and the pan is very dirty, clean your skillet, before proceeding to the next one.

Toast your bread, sliced avocado, crisp lettuce, mayonnaise are all great accompaniment's. Of course bacon, for you bacon lovers.

Note:

Don't turn the pan to too hot a temperature because all you'll do is burn the outside, and have raw meat in the middle. The heat should be more towards medium/high. If you notice that it's beginning to burn, turn the heat down a little to insure that the inside gets done.