

Crispy Skin Pan Seared Salmon

Courtesy of Chef Ivan Flowers | Top of the Market

2 lbs. Wild Salmon cut into 8 ounce portions

3 Tbsp. Canola/Olive Oil Blend

Salt

Pepper

1 Lemon

Favorite Seasonal Veggies



Preheat oven to 450 degrees. In large sauté put the three tbsp. oil and turn up heat to medium-high. Allow pan to get hot. Salt (no pepper) skin side of salmon & place skin side down into hot pan. Once in pan, salt & pepper the non-skin side. Let cook for three minutes. Do not move the fish around, this will allow skin to become crisp. After cooking three minutes, transfer to the oven and cook for six minutes more.

Remove from oven and squeeze lemon over the fish, then immediately transfer to plates, skin side up. Skin will be wonderfully crispy. Serve with your favorite seasonal veggies, rice, salad or pasta. Please note, this technique can be used with ANY skin on fish!

4 servings