

Spiced Seared Salmon



This pan seared method for cooking fish produces salmon with golden crispy skin and tender flesh. Use this go-to recipe to master a restaurant quality cooking technique easily at home!

YIELD 2 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 20 MIN
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INGREDIENTS

2 filets (~4 oz each)	Skin-on Salmon, defrosted if frozen
¼ tsp	Kosher or Sea Salt
to taste	Black Pepper
¼ tsp	Smoked or Sweet Paprika
¼ tsp	Garlic Powder
¼ tsp	Cumin, ground
1 tsp	Olive or Canola Oil

Directions

1. Gather all necessary equipment and ingredients.
2. Measure all spices and stir to combine with the salt and pepper in a small bowl and set aside.
3. Pat the filets dry with a paper towel on both sides. Using a sharp knife, cut four or five shallow slashes diagonally, about one inch apart, through the skin of each piece of salmon, being careful not to cut into the flesh. This will keep the fish from curling up when you put it in the pan, resulting in an even sear on the skin side.
4. Season both sides of the fish with the seasoning blend to taste.
5. Place a medium sized sauté pan or cast-iron pan over high heat. Allow the pan to pre-heat, then add the oil and swirl to evenly coat the bottom of the pan with the oil.
6. Once the pan and oil are hot, place the salmon skin side down in the pan facing away from you. It's also important to lightly press down on the fillet using a spatula right after you place the fish into the pan to ensure even browning.
7. Leave the fish on high or medium-high heat and allow to sear until the flesh is starting to turn light pink about halfway up or the skin is visually browned and crispy, about 2-4 minutes. If the skin is sticking to the pan, it likely is not ready to be flipped just yet.

CHEF'S NOTES

This recipe is flexible and can be adjusted to suit your tastes with various spice blends. The technique can be used with any skin-on fish fillets.

Salmon is rich in the omega-3 fatty acids EPA and DHA. Unlike the other fat types, omega-3 fats are considered "essential" because you must get them from your diet since your body can't create them. Try to aim for at least two 4 oz. servings of fish and seafood per week. Other choices high in omega-3s include tuna, swordfish, trout, oysters, anchovies, and sardines.

8. Gently flip each fillet and continue searing. The fish is done when the internal temperature has reached 145°F. It should lift off the pan fairly easy. Be very gentle when sliding your spatula under the fish to avoid the filets from falling apart.

Nutrition Facts	
2 servings per container	
Serving Size	4 ounces (117 g)
Amount per serving	
Calories	260
% Daily Value *	
Total Fat 18g	23%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 60mg	21%
Sodium 310mg	13%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 23g	46%
Vitamin D 13mcg	63%
Calcium 10mg	0%
Iron 0.41mg	2%
Potassium 400mg	9%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

