

Recipe of the Month – Pan Seared Salmon



Eddie's Notes: Tonight, I made this pan seared salmon to put on a salad of Spring Mix, goat cheese and Marcona almonds. A very simple dinner, but it was excellent and quick. I learned the trick to properly cooking salmon from America's Test Kitchen. It is one of the rare times that you start with a cold skillet to cook the fish.

Ingredients

Kosher salt and pepper (I used Montreal Steak Seasoning)

4 (6- to 8-ounce) skin-on salmon fillets

Lemon wedges

Instructions

SERVES 4

NOTE FROM THE TEST KITCHEN: To ensure uniform cooking, buy a 1 1/2- to 2-pound center-cut salmon fillet and cut it into four pieces. Using skin-on salmon is important here, as we rely on the fat underneath the skin as the cooking medium (as opposed to adding extra oil). If using wild salmon, cook it until it registers 120 degrees. If you don't want to serve the fish with the skin, we recommend peeling it off the fish after it is cooked. Serve with lemon wedges or Mango-Mint Salsa.

1. Dissolve 1/2 cup salt in 2 quarts water in large container. Submerge salmon in brine and let stand at room temperature for 15 minutes. Remove salmon from brine and pat dry with paper towels.
2. Sprinkle bottom of 12-inch nonstick skillet evenly with 1/2 teaspoon salt and 1/2 teaspoon pepper. Place fillets, skin side down, in the cold skillet and sprinkle tops of fillets with 1/4 teaspoon salt and 1/4 teaspoon pepper. Heat skillet over medium-high heat and cook fillets without moving them until fat begins to render, skin begins to brown, and bottom 1/4 inch of fillets turns opaque, 6 to 8 minutes.
3. Using tongs, flip fillets and continue to cook without moving them until centers are still translucent when checked with tip of paring knife and register 125 degrees, 6 to 8 minutes longer. Transfer fillets skin side down to serving platter and let rest for 5 minutes before serving with lemon wedges.