

Simple Seared Salmon Recipe

Fish does not get any easier than this. Choose your favorite garnish - chives, basil, dill - and serve with tartar sauce, lemon juice, or both.

Hunters and anglers are especially blessed because our freezers are full of the healthiest, most delicious protein in the world – wild game and fish collected on our hunts. Actually, we are doubly blessed because not only can we enjoy the harvest, we had fun and made memories in the field while we were collecting the meat.



INGREDIENTS

- 2 lbs. salmon fillet, skin on fresh or thawed and at room temperature.
- Olive oil non-stick cooking spray
- Sea salt
- Black pepper
- Fresh garnish

DIRECTIONS:

1. Preheat oven to 350F.
2. Heat cast iron skillet to medium high heat on cooktop.
3. Spray flesh and skin sides of salmon well with olive oil cooking spray.
4. Season flesh side with sea salt and black pepper to taste. Press it into the meat with your fingers.
5. When skillet is up to temp, lay salmon in skin side down and cook for three minutes.
6. Flip salmon in skillet and cook flesh side down for two minutes.

7. Flip salmon again and move skillet to oven.

8. Cook for approximately 3-5 more minutes in oven (depending on thickness of fillet.)

9. Remove from oven and move salmon to serving platter, skin side down.

10. Garnish the salmon and serve.