



## Go-To Salmon



This salmon recipe is quick, easy, and delicious, and has therefore earned its Go-To Salmon name.

Ingredients: (per lb of salmon, fillet)

1/4 tsp. salt

1/4 tsp. black pepper (freshly ground)

1/4 tsp. garlic powder

1/4 tsp. ginger powder

Mix these four ingredients together.

brown sugar (later)

1. First, prepare the salmon by thawing (if frozen).

Dry off with paper towels and place salmon on a plate or dish skin side up and put into the refrigerator for a few hours. This will dry the skin out and minimize the undesirable fatty layer on the skin side. Of course if you purchased skinless, this step is not necessary. When the skin feels dry, take it out of the refrigerator and allow maybe 20 minutes for the salmon to warm up a bit. We will want to cook this closer to room temperature.

2. Lay the salmon fillet skin side down, and rub the spice mixture evenly over the flesh.

3. Preheat an iron pan with a little oil, and when ready, start cooking the salmon with medium heat, skin side up. Adjust the heat to brown the flesh side without burning while cooking the salmon half way through.

4. When the salmon is about half done (bottom half of the fish has changed color) and the flesh side is nicely browned, carefully flip the fish over.

5. Using an iced tea spoon, evenly spread a spoon or so of brown sugar over the flesh side. Use the back of the spoon to spread it out.

6. If your salmon is on the thick side, hasten the cooking by putting a lid over the pan.

7. When the salmon is almost done (but not quite), take the pan off the stove and place it under the broiler for a few minutes to caramelize the sugar and finish the cooking. Keep an eye on it. You will want a nice caramelization without burning.
8. Cut into pieces and serve.

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