

Fresh Seafood Dish

Pan-Fried Salmon

From Food Network Kitchens

Difficulty: Easy

Prep Time: 10 minutes

Inactive Prep Time: 10 minutes

Cook Time: 7 minutes

Yield: 4 servings

4 (5-ounce) center-cut salmon fillets (about 1-inch-thick), skin on or off

2 tablespoons olive oil

Kosher salt and freshly ground black pepper

Serving suggestions: honey mustard, horseradish mashed potatoes, mesclun greens

Bring the salmon to room temperature 10 minutes before cooking.

Warm a large nonstick skillet with oil over medium-low heat. Season the fish with salt and pepper. Raise the heat to medium-high. Place the salmon, skin-side up in the pan. Cook until golden brown on 1 side, about 4 minutes. Turn the fish over with a spatula, and cook until it feels firm to the touch and the skin is crisp if desired, about 3 minutes more.

The skin can be served or removed easily with a knife or spoon.

Transfer to a plate and serve as desired.

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