

Lizzie's Salmon

- 1) Preheat oven to 400°
- 2) Salt and Pepper the Salmon in a tray and let it sit and sweat. This is key. You want the food to taste "salted," not "salty."

Options before putting the salmon onto the hot pan:

Marinate the Salmon rather than salt and pappering it.
Sprinkle some Brown Sugar onto the salmon.

- 3) Heat cast iron pan on stove till it's hot, and then for 5 minutes more so it's good n' hot all through. This is key.
- 4) Drop 1 Tbs. Olive Oil onto the pan, and then, immediately,
- 5) Slap the salmon, skin side up, onto the pan. Let it sizzle w/o budging it, for 5-6 minutes.
- 6) Turn the fish, squirt lemon juice on top, and stick the whole pan in the oven till it's medium rare, about 5-6 minutes (maybe much less, depending on the thickness of the salmon!).

Options before putting the salmon into the oven:

Sprinkle some Brown Sugar on top.

Add a splash of any of the following in the pan:
some orange juice with some ginger or cilantro,
or maple syrup,
or white wine.

A good variation is orange juice *and* maple syrup, which will carmelize.
