

## Lizzie's Salmon

### *Ingredients*

Salmon: 3/4 lb. is good for 2 people. 1 1/4 – 1 1/3 lb. is good for 4 people

Sea Salt (set aside 1/2 tsp)

Black Pepper - freshly ground (set aside 1/2 tsp)

Olive Oil

Lemon Juice

Maple Syrup

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### *Equipment*

Cast Iron Pan

– I use a trusty vintage No. 8 size, by Martin Stove & Range Co., of Florence, Alabama

Splatter Screen

Pot Holder or Insulated Handle Sleeve for grabbing the smoking hot pan

Metal Spatula (two of them can help with the turning)

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### *Method*

- 1) Preheat oven to 400°
- 2) Salt and Pepper the Salmon, generously, both sides, and let it sit in a tray and sweat, about 8 minutes. This is key. You want the food to taste “salted,” not “salty.”
- 3) Turn on burner to high. Heat cast iron pan on stove till it's hot, and then for 5 minutes more so it's good n' hot all through, including the handle. Wait 'til it's smoking.
- 4) Act quickly here: Drop 1 Tbs. Olive Oil onto the pan, followed by an even sprinkling of 1/2 tsp of Black Pepper and 1/2 tsp Salt to cover the pan surface to act like ball bearings, preventing Salmon from sticking.
- 5) Then, immediately slap the Salmon, skin side down, onto the pan. Cover w/ splatter screen!
- 6) Turn burner down to medium high.
- 7) Let Salmon sizzle w/o budging it, for about 3-4 minutes (depends on thickness of salmon).
- 8) Right before the next step, squirt some Lemon Juice on top of Salmon, along with a splash of Maple Syrup (if you want to make it “Vermont-style”).
- 9) Turn the fish and sear for another minute to get it that lovely sought-after color and texture.
- 10) Stick the whole pan in the oven till it's medium rare, about 1 to 3 minutes more, depending on the thickness of the Salmon.
- 11) Enjoy! I usually have it over white rice.