

Seared Salmon

a la plancha style

I use the a la plancha technique often, especially with fish and shellfish.

- 4 6 oz salmon filets (steelhead trout works too)
- 1 tablespoon extra virgin olive oil
- 1 pinch kosher salt
- 1 pinch freshly ground black pepper

1. Set a large skillet or griddle over medium to medium high heat. Brush the salmon with the olive oil and season with the salt and pepper. Set the salmon on the skillet (if using salmon with skin on set the skin side down). Cook for 5 minutes then turn and finish cooking for an additional 1 minute. Remove the salmon and place on a plate with the crisped side up.