

Faroe Island Salmon

Equipment needed:

Non-stick pan, cast iron skillet or hot grill, wide fish spatula

[] Ingredients:

Salmon filets – 6 to 8 ounces per portion

Cooking oil – 2 Tablespoons

(Canola, Grapeseed, Blended Olive Oil or any other oil with a high heat flash point)

Salt – To taste

Feel free to season to your liking with rubs or other spices.



[Cooking Salmon with skin on] Method

1. Before cooking, bring your Salmon filet or filets to room temperature. This brings the entire filet closer to the desired internal temperature. It will also help eliminate any unwanted condensation that may cause excessive spattering or even flares up. Be sure to rest on a paper towel to absorb escaping moisture. This should take anywhere from 20 to 30 minutes.
2. Heat your pan to medium high heat and allow to get hot.
3. Season your Salmon to your desire. Be sure to season all sides.
4. Pour around 2 Tablespoons of oil into hot pan and coat the entire surface. You should see a slight smoke and a shimmer in the oil as it starts to cover the pan.
5. With skin side down, gently lay one end of filet and allow it to lay onto the heated and oiled pan. Immediately with your spatula and utilizing as much surface area as possible press down on Salmon filet as the skin sears and crackles beneath. Keeping pressure as it sears will ensure the skin to keep flat and the skin crisps up and dehydrates evenly.
6. Once you notice the skin is staying flat with good even contact surface, bring your heat to medium and allow the salmon filet to cook for 8 to 9 minutes.
7. At this point, you should be able to carefully get your spatula under the skin and check for a crispy and caramelized skin texture. If not, be patient and let it reach its full potential.
8. When skin is nice and crispy, flip the salmon and finish cooking to the desired temperature. It will not take long after flipping, to finish cooking. I like pulling it off the heat between medium and medium-well. There will be some carry-over heat to help finish the process.
9. Finally, let your salmon rest for 5 to 10 minutes. The moisture is locked in there and you do not want to lose it, by cutting into the flesh too early.

Buen Provecho (Bon Appetite) – Chef Juan Zamora – www.chulaseafood.com