

Blackened Salmon

7/3/24

INGREDIENTS

Salmon Fillets
Paprika
Cayenne Pepper
Onions, minced, or Onion Powder
Garlic, minced, or Garlic Powder (optional)
Sea or Kosher Salt
Black Pepper
White Pepper
Thyme
Oregano (more Oregano than Thyme)
Butter or Olive Oil

DIRECTIONS

Mix spices and adjust to taste

Rub some olive oil or butter over salmon

Apply spices thickly to top side of salmon. Set aside until ready to cook.

Heat butter or olive oil in pan. Add fish spice-side-up and cook 3-5 min per side.

Add more butter or oil just before turning.

Optionally the fish can be finished in a low broiler for 3-4 minutes (pan-sear 3 min/side, then broil)

Cook to internal temperature of 145 F, or until fish flakes easily.

Sources:

www.aksalmonco.com: guide for cooking temperatures

www.billyparisi.com/easy-blackened-salmon: uses olive oil and has helpful video. Likes salt more than I do.

www.allrecipes.com: butter-based recipe

www.wellplated.com: butter-based recipe with lots of commentary and a few unwanted ingredients (eg brown sugar).