

Spice Rubbed Salmon (modified recipe)

Williams-Sonoma brings you this series called "Five-Minute Cooking School." To kick it off, cooking instructor and cookbook author Tori Ritchie offers a lesson on pan-roasting.

Toasting the spices in a dry fry pan before grinding intensifies their flavor. Keep a close eye on them and stir constantly so they don't burn.

HALF recipe

1/2 tsp	coriander seeds
1/2 tsp	cumin seeds
1/4 tsp	fennel seeds
1/2 tsp	firmly packed light brown sugar
1/2 tsp	kosher salt
1	salmon fillet (6 to 8 oz) with skin intact, pin bones removed
1 Tb	extra-virgin olive oil

Method:

1. Heat a small fry pan over medium-high heat. Put the coriander, cumin and fennel seeds in the pan and toast, stirring constantly, until golden brown and fragrant, 2 to 3 minutes. Grind the spices in a spice grinder or with a mortar with pestle. Transfer to a small bowl and stir in the brown sugar and salt.
2. Place the salmon, skin side down, on a plate and rub the top of each fillet with the spice mixture. I usually cut the salmon fillet in half. Cover with plastic wrap and refrigerate for 1 hour.
3. In a large ovenproof fry pan over medium-high heat, warm the olive oil until almost smoking. Place the salmon, skin side up, in the pan and sear for 2 minutes. Carefully turn the salmon over and sear for 2 minutes more. Start cooking
4. Remove pan from heat. For Cynthia, leave thinner piece of salmon in the pan for two minutes more. For Rick, place salmon on warmed plate (no need to cook it further).
5. Transfer the salmon to warmed plates and serve immediately. Serves 2.

RG Notes

-) First made this dish 12/15/2006 - simply great flavor combination
-) Serve with rice, cucumbers in dill, green vegetable (snow peas or green beans), and nice Sauvignon Blanc. Start cooking the vegetables just before starting the salmon, since it only takes about five minutes.

Spice Rubbed Salmon (original recipe)

Williams-Sonoma brings you this series called "Five-Minute Cooking School." To kick it off, cooking instructor and cookbook author Tori Ritchie offers a lesson on pan-roasting.

Toasting the spices in a dry fry pan before grinding intensifies their flavor. Keep a close eye on them and stir constantly so they don't burn.

1 tsp	coriander seeds
1 tsp	cumin seeds
1/2 tsp	fennel seeds
1 tsp	firmly packed light brown sugar
1 tsp	kosher salt
2	salmon fillets, each 6 to 8 oz, with skin intact, pin bones removed
2 Tb	extra-virgin olive oil

Method:

1. Heat a small fry pan over medium-high heat. Put the coriander, cumin and fennel seeds in the pan and toast, stirring constantly, until golden brown and fragrant, 2 to 3 minutes. Grind the spices in a spice grinder or with a mortar with pestle. Transfer to a small bowl and stir in the brown sugar and salt.
2. Place the salmon, skin side down, on a plate and rub the top of each fillet with the spice mixture. Cover with plastic wrap and refrigerate for 1 hour.
3. Preheat an oven to 400°F.
4. In a large ovenproof fry pan over medium-high heat, warm the olive oil until almost smoking. Place the salmon, skin side up, in the pan and sear for 2 minutes. Carefully turn the salmon over and transfer the pan to the oven. Cook until the fish is golden brown underneath and the flesh is opaque throughout, 5 to 6 minutes.
5. Transfer the salmon to warmed plates and serve immediately. Serves 2.

RG Notes

-) First made this dish 12/15/2006 - simply great flavor combination
-) Serve with rice, green vegetable, and nice Sauvignon Blanc
-) Simplified the cooking by flipping salmon over, finish cooking in same pan. Reduce heat a bit, cook for about 4 more minutes. Turn off heat, flip salmon again, and let rest 4 minutes.

<http://www.cbsnews.com/stories/2005/04/13/earlyshow/living/recipes/printable687919.shtml>

Spice Rubbed Salmon (original recipe)

Williams-Sonoma brings you this series called "Five-Minute Cooking School." To kick it off, cooking instructor and cookbook author Tori Ritchie offers a lesson on pan-roasting.

Toasting the spices in a dry fry pan before grinding intensifies their flavor. Keep a close eye on them and stir constantly so they don't burn.

HALF recipe

1/2 tsp	coriander seeds
1/2 tsp	cumin seeds
1/4 tsp	fennel seeds
1/2 tsp	firmly packed light brown sugar
1/2 tsp	kosher salt
1	salmon fillet (6 to 8 oz) with skin intact, pin bones removed
1 Tb	extra-virgin olive oil

Method:

6. Heat a small fry pan over medium-high heat. Put the coriander, cumin and fennel seeds in the pan and toast, stirring constantly, until golden brown and fragrant, 2 to 3 minutes. Grind the spices in a spice grinder or with a mortar with pestle. Transfer to a small bowl and stir in the brown sugar and salt.
7. Place the salmon, skin side down, on a plate and rub the top of each fillet with the spice mixture. Cover with plastic wrap and refrigerate for 1 hour.
8. Preheat an oven to 400°F.
9. In a large ovenproof fry pan over medium-high heat, warm the olive oil until almost smoking. Place the salmon, skin side up, in the pan and sear for 2 minutes. Carefully turn the salmon over and transfer the pan to the oven. Cook until the fish is golden brown underneath and the flesh is opaque throughout, 5 to 6 minutes.
10. Transfer the salmon to warmed plates and serve immediately. Serves 2.

RG Notes

-) First made this dish 12/15/2006 - simply great flavor combination
-) Serve with rice, green vegetable, and nice Sauvignon Blanc
-) Simplified the cooking by flipping salmon over, finish cooking in same pan. Reduce heat a bit, cook for about 4 more minutes. Turn off heat, flip salmon again, and let rest 4 minutes.