



Pan Grilled Salmon with Melting Lemon and Tomatoes

Ingredients:

2 cups coarse Kosher or Sea Salt

1/4 to 1/2 cup minced favorite fresh herbs (like dill, cilantro, parsley, fennel)

1-1/4 lbs. boned salmon fillet with skin, center-cut

2 to 3 teaspoons Ras el Manout spice mix (see recipe on website or your favorite spice mix)

4 fresh lemon slices, seeds removed

4 thick large tomato slices

Garnish: chopped fresh herbs and herb sprigs as desired

In a 10-inch Dutch Oven or cast iron heavy skillet, combine salt and minced fresh herbs. Spread evenly into skillet.

Place covered pan over medium high heat for 5 minutes.

Meanwhile pat salmon fillet dry with paper towels; season generously with seasoning mix.

Place salmon on the hot salt, skin side down; cover, cook over medium high heat for 9 minutes.

Remove cover, quickly, place lemon and tomato slices alternately on top of salmon.

Cover the pan; cook salmon for additional 4 minutes.

Turn off heat; set covered pot aside to rest for 3 to 4 minutes.

Uncover; carefully use a large spatula to loosen the skin from the salmon fillet. Slide your spatula under the fish flesh separating it from the skin; transfer to serving platter.

Replace pan roasted lemon slices and tomatoes over salmon for serving. Garnish with herb sprigs. Total Preparation/Cooking Time: 15 to 18 minutes Serves: 4

Cook's Note: You might see a small wisp of smoke after 9 minutes but that is normal. You should not see large amounts of smoke.

About the Recipe: What a surprise! A pan grilled salmon fillet, rubbed with light spiced African seasoning, cooks on top of fresh herb scented salt in a Dutch Oven pan. Topped with easy grilled lemons and tomatoes, the juicy fish is a great healthy catch .