



DUTCH OVEN SPICY SALMON on HERB SEA SALT

2 cups coarse Kosher or Sea Salt

1/2 cup minced fresh herbs (your favorite)

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

2 teaspoons blackened seasoning or as desired

Juice from one lemon

Garnish: chopped fresh herbs and herb sprigs as desired

Suggested Serve with:

Prepared Couscous with black olives, halved and chopped pepperdew peppers

In a 10-inch cast iron or other 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 blackened seasoning.

Place salmon on the hot salt, skin side down; cover, cook over medium high heat for 12 minutes. Do not open the pan. Cook's Note: You might see a small wisp of smoke after 10 minutes but that is normal. You should not see large amounts of smoke.

Remove pan from heat; leave covered and let rest for 3 minutes. Uncover; drizzle with fresh lemon juice.

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.

Sprinkle salmon with chopped fresh herbs as desired. Garnish with herb sprigs.

Cook's Note: We serve this with Sliced Black Olives and Pepperdew Pepper Couscous

Easy Cooking:

- Heat covered herb salted skillet over medium high heat 5 minutes
- Place seasoned salmon skin side down in skillet, cover; cook med. high 12 minutes.
- Remove pan from heat; let stand 3 minutes.
- Remove cover; drizzle with lemon juice; ready to serve

Total Preparation/Cooking Time: 15 minutes Serves: 4

About the Recipe: What a surprise! A salmon fillet cooks on top of fresh herb scented salt in a cast iron pan. The reward is healthy salmon with NO added oils. It's so moist and full of flavor that we make this recipe about once a week.

About any leftover salmon: We serve this as a cold entrée with a salad or have it for breakfast on whole wheat toast topped with fresh chopped tomato salsa or Benedictine sauce.