

## **Crispy Skin Salmon Recipe**

### *Ingredients*

- 1 6-7 ounce salmon filet, about 2" wide with scales removed
- Extra Virgin Olive Oil, preferably in a spray bottle
- Omnivore salt & pepper

### *Equipment*

- 1 Chef's Press (9oz)
- 10" cast-iron sauté pan
- Tongs
- Spatula
- Timer

### *Instructions*

- Pat dry & spray the salmon portion lightly with olive oil, season with Omnivore salt & pepper (the drier the skin, the crispier it will cook)
- Heat the pan to 350F (medium high)
- Lay the salmon portion in the hot pan & place a 9oz Chef's Press on the thickest part of the salmon
- Cook for 2 minutes, remove the press, & check doneness of the skin
- Turn the salmon over, replace the Chef's Press, & cook for 1 minute
- Return the salmon to the skin side, replace the Chef's Press, & cook for 30 seconds
- Serve skin side up to keep skin crisp; recipe is timed to cook salmon medium rare