

Pan-Braised Salmon

Hazel Blue Acres – Silvana, WA

4 salmon fillet portions (6-8 oz each approximately ¾ inch thick)

Garlic seasoning salt

Freshly ground pepper

¼ cup olive oil

1 medium onion, sliced and rings separated

Lemon wedges

Parsley sprigs

1. Dry salmon fillet portions with paper towel and season with garlic salt and pepper.
2. In a large frying pan, heat oil over medium heat.
3. Add onion rings and saute until slightly softened. Push onion to side of pan.
4. Add salmon fillet portions, skin side up, do not crowd. Cook until nicely browned.
5. Turn over salmon fillets and cover. Continue cooking until fish flakes when tested with a fork.
6. Place onion rings on each fillet and serve with lemon wedges and parsley sprigs as garnish.

Source: San Juan Classics Cookbook