

# Michelin Star Pan Seared Salmon



Serves 4-6

## INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- $\frac{2}{3}$  teaspoon kosher salt
- Freshly ground black pepper
- 6 (6-8-ounce) salmon fillets, 2 in thick

## DIRECTIONS

1. Pre Heat the oven to 400. Season the salmon with the salt and a few grinds of pepper. Heat the oil in a 12-inch nonstick or cast iron skillet over medium-high heat until hot and shimmering. Cook the salmon, without moving, skin side up, until golden and crisp, about 4 minutes. Carefully flip the fillets and place pan in the oven. Continue cooking until done to your liking, 4 minutes for Medium Rare or up to 8 minutes for medium well or more. Transfer to a platter and serve.