

Chili Rubbed Salmon

From Food Network Kitchens



Recipe Summary

Difficulty: Easy

Prep Time: 5 minutes

Inactive Prep Time: 5 minutes

Cook Time: 7 minutes

Yield: 4 servings

User Rating: ★★★★★

2 tablespoons vegetable oil
4 (6-ounce) salmon fillets, skinned
1/2 teaspoon chili powder
1 teaspoon kosher salt

Heat a large non-stick skillet over high heat. Add the oil and heat until shimmering. Rub the fish with the chili powder and season with salt. Carefully lay fish, skinned-side up in the skillet. Cook the fish turning once until brown, crisp, and just firm, about 3 to 4 minutes on each side. Transfer the salmon to a serving platter and tent with foil to finish cooking, about 5 minutes more.

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Episode#: BW2E12

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