

Spice and Brown Sugar Rubbed Salmon

The rub for this salmon is phenomenal! The spice and brown sugar combination compliment each other perfectly. Follow this recipe for a glistening salmon with crispy skins and serve over Garlic and Leek Mashed Potatoes for a complete meal.

Ingredients

4 Salmon Fillets, skins on (about 2lbs)
1 tablespoon Extra Virgin Olive Oil + additional
1 tablespoon Unsalted Butter + additional

Spice and Brown Sugar Rub

1 teaspoon Coriander
1 teaspoon Cumin
½ teaspoon Cayenne Pepper
½ teaspoon Paprika
2 tablespoons Light Brown Sugar
¾ teaspoons Salt
½ teaspoon Black Pepper

Optional- Serve with Garlic and Leek Red Mashed Potatoes- See Recipe

Preparation

Mix all ingredients for the Spice and Brown Sugar Rub in a small mixing bowl and set aside.

Pat salmon filets dry on all sides with paper towel. Rub skins with unsalted butter. Turn over and brush tops and sides with extra virgin olive oil. Sprinkle spice and brown sugar mixture all over and pat, about 1 tablespoon per filet. Set aside until spice mixture absorbs into the salmon, about 5 minutes.

Heat a large scan pan or other large non-stick skillet on medium-high heat. Add 1 tablespoon unsalted butter and 1 tablespoon extra virgin olive oil to the pan. When oil and butter start to simmer place the fillets on the pan skins side down, spaced apart. Cook until skins are golden brown, carefully checking during cooking process to ensure that skins don't stick or start to burn (lower heat if necessary, do not move fillets) about 12 minutes (salmon fillets should be three quarters of the way cooked through, cooking time may vary depending on thickness) Carefully turn fillets over to cook tops until salmon is cooked through, about 3 minutes longer. Remove from heat and immediately serve atop Garlic and Leek Mashed Potatoes.

Serves 4