

# Quick & Easy Cajun Blackened Salmon Fillets



Cooked a great piece of wild caught sockeye salmon the other night. Definitely wasn't inexpensive. But I had to try it after reading articles about how much more nutritional wild caught salmon is than farm raised salmon: higher in protein & Omega 3 fatty acid. And I wanted it quick & easy and, of course, as flavorful as possible. So, I shook on some Cajun Seasoning, tossed the fish in a hot pan, learned I'd better use the pan top to make the cooking go quicker and ended up with an incredibly tender and tasty meal – even after setting off the fire alarm, but that's a whole other story!

**Preparation & Cooking Time:** about 15 minutes

## Ingredients

(for 2)

About 2/3 Pound Salmon Fillet (I'm using wild caught sockeye salmon, but any salmon fillet will work)

Bayou Cajun Seasoning

½ Lime

Cooking Oil (I'm using canola oil but olive or vegetable oil works fine)



## Equipment

Frying Pan with Top

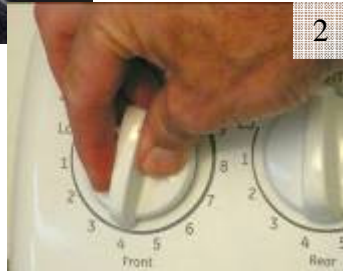
Spatula

Cutting Board

Sharp Knife



1. Put the frying pan on the stove (1) and turn on the burner heat to MEDIUM (2)



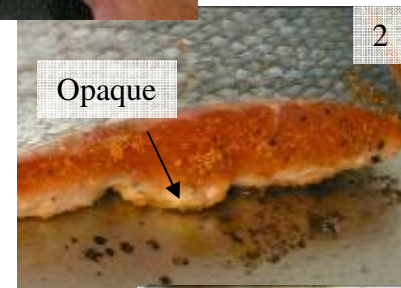
2. Pour about as much **cooking oil** (1) to coat the pan bottom evenly as shown in (2) and add the **salmon fillet** flesh side down(3).



2. Shake on a good coat of **Cajun Seasoning** (1) about as shown in (2).



5. Give the pan a quick back & forth shuffle every minute or so (1) and cook until you notice the side of the **fish** starting to become opaque (2) and the bottom of the **fillet** blacken when flipped skin side down as shown in (3).



3. Check the frying pan for proper cooking temperature by running tap water on your fingers (1) and flicking the water in the pan (2). The pan is ready for cooking if the water sizzles when it hits the pan surface and quickly evaporates.

(1)



(2)



6. Cover with the pan top (1) and cook until the **fish** is cooked through with **meat** that is uniformly opaque as shown in (2). If, however, your **fish** is still clear inside as shown in (3), keep cooking until it looks like the **fish meat** in (2).

8. To make cleanup as easy (and safe) as possible, let the hot frying pan sit on a cool burner until it is comfortably warm to the touch. Then add warm tap water and squirt of dish detergent to the pan and scrub clean with a dish brush or sponge.



7. Serve warm (1) either as is or with a sliced (2) squeeze of **lime** (3).

