



CHILI RUBBED SALMON with CRISPY SKIN

- 1/2 tsp. cumin
- 1/2 tsp. garlic powder
- 2 Tbsp. paprika
- 2 Tbsp. Ancho chili powder
- 1 tsp. Kosher salt
- 1/4 tsp. Stevia (or sugar if you prefer)
- 4 salmon filets, skin on, 6-8 ounces each depending on your preference
- 2 Tbsp. olive oil
- 1 lemon, quartered

1 Prepare the rub: combine cumin, garlic powder, paprika, Ancho chili powder, salt, and stevia in a bowl and mix thoroughly. If not using immediately, store in an airtight container.

2 Pat salmon dry. Gently score the salmon skin multiple times, but do not cut too deeply, or your salmon will overcook. Scoring the salmon skin keeps the filet cooking flat in the skillet and also makes it crispy. Generously season the salmon with rub

3 Heat your skillet on medium high heat until really hot. Test by dropping a little water on the skillet. If it evaporates immediately, you're ready to go. Add your oil, and when the oil is hot, gently place salmon filets into skillet, skin-side down.

4 Cook the salmon skin side down until you see the lighter cooked color has moved about 2/3 of the way up the fish. How long? It depends on the thickness of your fish. Probably 4-5 minutes on the skin side. Then turn your fish. Cook another 2-3 minutes. Turn the fish back onto its skin side, squeeze lemon over fish, and remove skillet from heat.

Note: I served my salmon with a pearl couscous seasoned with sautéed shallots and garlic, along with sautéed spinach. (I'll share the pearl couscous recipe next week). I placed my salmon skin-side down out of habit, but if you serve it skin-side up, it will stay crispier :-).