

Recipes

Spice Rubbed Salmon

- 1 TSP Coriander Seeds
- 1 TSP Cumin Seeds
- $\frac{1}{2}$ TSP Fennel Seeds
- 1 TSP Firmly Packed Light Brown Sugar
- 1 TSP Kosher Salt
- 2 Salmon Fillets, (6-8 ounces each, skin intact, bones removed)
- 2 TBS WVGS Pecan Oil

Heat a small skillet over medium heat. Add the coriander, cumin and fennel and lightly toast, stirring constantly until golden brown and fragrant, about 2 minutes. Transfer the mixture to a mortar and grind with a pestle. Transfer to a small bowl and stir in the brown sugar and salt. Place salmon skin-side down on a plate and rub the top of each fillet with the spice mixture. Cover with plastic wrap and refrigerate for 1 hour. Preheat oven to 375 F. Heat the pecan oil in a large oven-proof skillet over medium-high heat. Place the salmon skin-side down in the pan and sear for 2 minutes. Carefully turn the salmon over and transfer the pan to the oven. Bake until the fish is opaque, 5-6 minutes. Serve immediately. Makes 2 servings.

