

## Exceptional Cast Iron Pan-Seared Salmon

Total time: about 15 minutes

### Ingredients:

1 filet of salmon, skin **on**

3/4 stick of butter

Small jar capers

Pinch of salt

### Steps:

1. Wash fish in cold water and pat dry with a paper towel
2. Sprinkle fish with a pinch of salt and rub the fish to spread the salt evenly over the meat side of the filet
3. Start heating a cast iron pan to the high side of medium-high heat.
4. In a small saucepan, add ½ stick of butter with ½ to ¾ of the jar of capers.
5. Heat the butter+capers on low heat. Stir occasionally until fish is done.
6. Once your cast iron skillet is hot, add remaining ¼ stick butter and use tongs to spread it around the pan evenly.
7. Add the salmon filet skin-side down and reduce heat a little to merely medium-high. Leave it there for about 5 minutes. The skin can (and should) take a lot of punishment if you want it to become crispy and good.
8. Flip the filet carefully
9. Cook on this side for only a minute or two to brown the surface of your fish a little
10. Put your fish on a plate, and spoon capers and butter over it. .