

SERVES: 3-4

PREP TIME: 10-15 MIN

**COOK TIME: 12-15 MIN** 

SKILL LEVEL:

**REQUIRES USE OF:** 







# SALMON WITH CITRUS PANKO CRUST

#### **INGREDIENTS:**

3/4 cup panko Japanese style breadcrumbs

- 2 tablespoons fresh parsley, minced
- 1 teaspoon lime zest, grated
- salt and pepper to taste
- 1 tablespoon olive oil
- 4 salmon fillets (4–6 ounces each)
- 2 tablespoons Dijon mustard
- 2½ tablespoons vegetable oil

### **ITEMS TO GATHER:**

apron measuring cups measuring spoons cutting board oven-safe mitts pastry brush rasp grater (for zesting) small bowl large oven-proof skillet with lid



## GET COOKIN'!

### **INSTRUCTIONS:**

Place all your ingredients, prep and cooking tools on the counter near your cooking area.

Preheat the oven to 425°F.

In a small bowl, mix together the panko, parsley, lime zest, and a pinch of salt and pinch of pepper. Drizzle with the olive oil and mix with clean fingertips until the panko is evenly coated. Set breadcrumb mixture aside.

Place the salmon fillets, flat side down, on a cutting board. Add a 1/2 tablespoon of the Dijon mustard to the top of each fillet. Evenly distribute mustard across the top of each fillet with the pastry brush. *Don't skimp on the mustard! It helps the breadcrumb mixture adhere to the salmon.* Sprinkle each mustard topped fillet generously with salt and pepper.

Place the large oven-proof skillet on the stove top and add the vegetable oil. Heat the vegetable oil over medium-high heat. When the oil is very hot, carefully add each salmon fillet, mustard side up. Without turning or moving the salmon fillets, sear for 3–4 minutes. Turn off the heat to the skillet and move the skillet to an area on the stove top that is not hot.

With great care, place equal amounts of the breadcrumb mixture across the top of each salmon fillet. Do your best to avoid dropping breadcrumbs into the pan as they may quickly burn.

As soon as the breadcrumb mixture is in place, using oven-safe mitts, carefully open the preheated oven and place the skillet on the center rack. Bake for 4–5 minutes until the salmon is almost fully cooked and the panko breadcrumbs have browned.

Using oven-safe mitts, carefully remove the skillet from the oven. Place the lid on the skillet, without fully covering the skillet, to allow some of the heat to vent. Let rest for 5 minutes. The salmon will finish cooking during the resting period. To ensure doneness, test internal temperature has reached 145°F.

Serve warm or at room temperature.

### **ENJOY!**

## **SALMON SPECIES**

SPECIES	SALMON	SPECS	PREPARATION TIPS
	KING	The largest of the 5 salmon species, average weight is approximately 20 lbs	Its high oil content makes it a prime candidate for grilling, broiling, sautéing, roasting, poaching, steaming and smoking
	СОНО	The second largest of the 5 salmon species, average weight is 12 lbs	An excellent choice for grilling, broiling, sautéing, roasting, poaching, steaming and smoking
	SOCKEYE	The second most abundant species, on average they weigh 6 lbs	Perfect for grilling, broiling, sautéing, roasting, poaching, steaming and smoking