Blackened Salmon

written by The Recipe Exchange | June 2, 2015

Ingredients

(4 – 6) 1/2″ thick, skinned salmon fillets – rinsed
1 cup real butter
1/2 cup fresh-squeezed lemon juice
2 Tbls. Cajun seasoning
4 – 6 lemon wedges – for garnish, optional
4 – 6 fresh parsley OR dill sprigs – for garnish, optional

Directions

Trim off the thin edges of fillets, as these would burn. Pat fillets dry and refrigerate until ready to cook.

Melt butter in a large, heavy frying pan (preferably cast-iron) over medium heat. Remove pan from heat; stir in lemon juice and seasoning; pour mixture into a shallow dish and cool until lukewarm.

Heat the skillet over high heat until it starts to smoke.

Coat 1 fish fillet in butter mixture. Place fish in hot skillet. Fish will sear and cook almost immediately. Turn fillet over and blacken other side. Repeat with remaining fillets, discarding pan drippings after each fillet.

As fillets are cooked, remove from heat and keep warm. When all fillets have been cooked, wipe skillet clean and return to heat.

Pour left-over butter mixture into pan and swirl skillet 5 or 6 times to blacken the butter. Drizzle butter over each fillet, garnish with lemon and parsley/dill, and serve hot.