

Crispy Skin Panko-Crusted Salmon

Breading Ingredients

- 2/3 cup Panko Bread Crumbs
- 1/2 Teaspoon Kosher Salt
- 1/2 Teaspoon Freshly Ground Pepper
- 1 Teaspoon Grated Lemon Zest (grated lemon skin)
- 2 Tablespoons Minced Fresh Parsley
- 2 Tablespoons Olive Oil

Other Ingredients

- 2 Tablespoons Dijon Mustard
- 2 Tablespoons Vegetable Oil
- 4 Lemon Wedges
- 4 Salmon Fillets (6-8 ounce), skin on
- Kosher Salt
- Freshly Ground Pepper

Preparation

1. Preheat oven to 425 degrees.
2. In a small bowl, mix together the breading ingredients. Drizzle the oil and mix. Stir until the crumbs are evenly coated and set aside.
3. Remove the scales from the fillets, rinse in cold water, and pat very dry with paper towels.
4. Place the salmon fillets, skin side down, on a board. Generously brush the top of the fillets with mustard.
5. Sprinkle generously with salt and pepper.
6. Press the breading mixture thickly on top of the mustard on each fillet.
7. Heat the vegetable oil over medium-high heat in cast-iron skillet or ovenproof pan. When the oil is very hot, add the salmon fillets, skin side down, and sear for 3-4 minutes, without turning, until the skin is brown and crispy.
8. Transfer the pan to the hot oven for 5-7 minutes until the salmon is almost cooked and the breading is browned.
9. Remove from the oven, cover with aluminum foil, and allow to rest for 5-10 minutes.
10. Serve with lemon wedges.

Notes

This works great with landlocked salmon, kokanee, or trout. In these cases, just be sure to reduce the cooking time since the fillets will be thinner.