

Crispy Mustard Dill Salmon

Recipe By Tamar Teitelbaum



Cooking and Prep:  35
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Serves:  4

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Nine Days

Diet: Paleo, Pescetarian,
Gluten Free, Low Carb, Sugar
Free

Crispy Mustard Dill Salmon is so easy to make. You can have perfect, flaky salmon to crumble over your salad for lunch or serve hot and fresh with rice and vegetables for a healthy, delicious dinner.

This Crispy Mustard Dill Salmon recipe calls for salmon filets with the skin removed. Many fishmongers will be more than happy to remove the skin for you if you request it. Did you know that you can even take your fresh salmon that is already packed into the tray and wrapped and priced, back to the butcher counter and they will open it up and skin it for you? Never be afraid to ask for service when you need it! And of course, tip accordingly.

If you do decide to skin it at home, I suggest you use a non-serrated knife, with a long, thin blade. Place the salmon fillet on the cutting board skin side up. Lay the palm of one hand on the skin to put a little pressure there while you gently guide the knife through the fat layer between the skin and the meat. Let the knife be guided by the feel of the fish. If you are putting too much pressure, then you will cut through either the skin or the flesh. If this sounds too complicated (and it does take practice), go back to the first suggestion. Take those fillets to the butcher before you ever leave the store!

Ingredients (6)

Main ingredients

- 4 fillets salmon (4 to 6 ounces each), skin removed
 - 1 teaspoon **Haddar Kosher Salt**
 - 1/2 teaspoon black pepper
 - 4 teaspoons ground mustard powder
 - 1 teaspoon **Gefen Dill**
 - 2 tablespoons oil
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Start Cooking

Prepare the Salmon

1. Heat one tablespoon oil in a large (10- to 12-inch) skillet on medium-high heat.
2. Sprinkle the salmon fillets evenly, front and back with the kosher salt, black pepper, dry mustard powder and dill. Pat the dry spices into the flesh.
3. Place two fillets into your skillet and sear for seven minutes, flip and continue to cook for seven more minutes. Set those fillets aside and add the last tablespoon of oil and the final two fillets. Cook seven minutes on each side. Each side should be crispy and brown. To quote Anne Burrell, "Brown food tastes good."
4. Serve hot and fresh immediately, or you can refrigerate and serve either hot or cold within a few days. I love to use this recipe for meal prep. I keep the salmon crumbled up for salads.
Yum!

Note:

All of the seasoning in this Crispy Mustard Dill Salmon Recipe is intended to be divided between each fillet, front and back. So for convenience, I'm including here the measurements for each side of each fillet. Per fillet, per side, you need: 1/8 teaspoon kosher salt, a pinch of black pepper (1/16 teaspoon), 1/2 teaspoon dry mustard powder, 1/8 teaspoon dill.