

Seared Salmon

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Ingredients:

4 eight-ounce center-cut salmon fillets, skin on.
1 cup of water.
½ cup of white wine vinegar.
½ cup of brown sugar.
3 tablespoons of garlic, chopped finely.
1 tablespoon of vegetable oil.
½ teaspoon of salt.

Directions:

In a small saucepan, combine the water, white wine vinegar, brown sugar, garlic and salt.

Allow to cool.

Place the salmon in the marinade and allow to rest at room temperature for about 30 minutes.

Heat the vegetable oil in a large non-stick skillet for 30 seconds over medium heat.

Remove the salmon from the marinade and place in the hot skillet, with the skin side down.

Raise the heat to medium-high and cook for about 3 minutes, lifting salmon with a spatula to loosen it from the pan.

Reduce heat to medium; then cover and cook for about another 4 minutes, until the salmon has just cooked through.

Serve.