

10-Minute Little Black Dress Salmon



This is my little black dress salmon recipe. I've been making it for more than 10 years, since I read the book "French Women Don't Get Fat" by Mirielle Guiliano, which revolutionized my attitude toward cooking and eating, and I still highly recommend that book to anyone who hasn't read it. My recipe is an adaption of the original. It takes about 10 minutes to make, only requires five simple ingredients, and goes with just about every random side dish you can imagine. I highly suggest using salmon fillets with the skin still on, as it will crisp as it cooks and this adds a nice texture to the dish. I also recommend fresh-squeezed lemon juice and not bottled lemon juice. The flavor is so much better and so important since it is one of the only flavors we are adding to the salmon. This also tastes best when the salmon is not well-done, but cooked medium or medium-well at most.

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- 2- 6 oz salmon fillets with skin
- 1 T olive oil
- 2 T fresh squeezed lemon juice
- salt and pepper to taste

Heat oil in skillet over medium-high heat. Place salmon skin side down in skillet. Sprinkle with salt, pepper and lemon juice. Cook for 6 minutes, until skin begins to crisp. Turn salmon so skin is facing up and cook another 2 minutes. Remove from heat immediately when desired doneness is reached.