



Sweet & Spicy Salmon Rub

If you love Wild Salmon like I do, this is easy and delicious!

Cook time: 10 mins

Servings: 4 to 6

Dry Rub:

2 tablespoons sugar
1 tablespoon chili powder
1 teaspoon black pepper
1/2 tablespoon ground cumin
1/2 tablespoon paprika
1/2 tablespoon salt
1/4 teaspoon dry mustard
dash to 1/4 teaspoon of cinnamon

4 to 6 skinless Wild Salmon fillets

2 tablespoons canola oil

Optional: 1/4 to 1/3 cup hot Chinese- style or Dijon - style mustard

Blend all ingredients for Dry Rub.

Coat one side of each Salmon fillet with mustard (or canola) and then spice rub mixture.

Heat oil in large heavy pan over medium - high heat. Carefully place salmon in fillets in pan, seasoned side down. Cook about 2 minutes to sear; turn fillets over. Reduce heat to medium and continue cooking 6 to 8 minutes. Cook just until fish is opaque throughout.

* Baking the fish worked great for me!

Use the 10-minute rule when cooking salmon. Measure fish at its thickest point and cook for 8 to 10 minutes per inch of thickness.

Do not overcook! Use the 10-minute rule as a guideline , but check the fish a few minutes before the end of the cooking time. Salmon is done when the center just turns opaque and the fish just flakes when tested with a fork. Overcooked salmon will be dry and taste "fishy."