

CURTIS STONE

PREPARATION INSTRUCTIONS 6OZ FAROE ISLAND SALMON FILLETS

PAN: Heat nonstick frying pan over medium-high heat. Season salmon with salt and pepper, or your favorite seasoning. Add 1 tbs olive oil and then salmon fillets and cook 3 minutes, or until salmon is golden brown. Carefully turn salmon over and cook 3 to 4 minutes, or until salmon is mostly opaque, with rosy center when flaked in thickest part with tip of small knife.

GRILL: Coat salmon with 1 tbs olive oil and season with salt and pepper, or your favorite seasoning. Prepare outdoor grill or indoor grill pan for medium-high heat. Grill salmon, rotating as needed, for 3 to 4 minutes per side, or until salmon is mostly opaque with rosy center when flaked in thickest part with tip of small knife.

OVEN: Preheat oven to 400°F. Brush salmon fillets with olive oil and season with salt and pepper, or your favorite seasoning. Place salmon on nonstick sheet pan and roast 8 to 10 minutes, or until salmon is mostly opaque with rosy center when flaked in thickest part with tip of small knife.

AIRFRYER: Preheat airfryer to 375°F. Brush salmon with olive oil and season with salt and pepper, or your favorite seasoning. Add salmon to airfryer and cook 8 minutes, or until salmon is mostly opaque with rosy center when flaked in thickest part with tip of small knife.

