AMERICAN · DINNER

Cold-Pan Seared Salmon (No Added Fat)

40 min · Serves 4 · 352 kcal a serve · Video 7:21 · America's Test Kitchen

Pescatarian · Gluten-free ingredients · Dairy-free · Nut-free

The salmon cooks in its own fat — no oil or butter — so a fillet gives about 30 g of protein and 3 g of omega-3 fats, plus plenty of vitamin D, B12 and selenium. It is well salted (about 1 g sodium a serve); the salsa is optional.

Diet notes: Carnivore if you leave out the fresh mint, garlic, jalapeño, lime juice, ripe mango, shallot and virgin olive oil; Low carb (9.1 g net carbs) but not keto: 54% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 12 · SERVES 4

- [ ] 680 g **centre-cut salmon**, skin on, cut into 4 fillets
- [ ] 120 ml **kosher salt** in 1.9 L water, for the brine (most is poured away; about 2 g is absorbed, our estimate)
- [ ] ¾ tsp **salt** (½ tsp for the pan, ¼ tsp for the top)
- [ ] ¾ tsp **pepper** (½ tsp for the pan, ¼ tsp for the top)
- [ ] 1 **ripe mango**, diced, for the salsa, to serve (optional)
- [ ] 1 **jalapeño**, seeded and minced, for the salsa, to serve (optional)
- [ ] 1 small **shallot**, minced, for the salsa, to serve (optional)
- [ ] 3 tbsp **lime juice**, for the salsa, to serve (optional)
- [ ] 2 tbsp chopped **fresh mint**, for the salsa, to serve (optional)
- [ ] 1 tbsp extra **virgin olive oil**, for the salsa, to serve (optional)
- [ ] 1 **garlic** clove, minced, for the salsa, to serve (optional)
- [ ] ½ tsp **salt**, for the salsa, to serve (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Fish. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the salmon crosswise into 4 equal fillets so they cook evenly. Dissolve the kosher salt in the water and brine the fillets for 15 minutes (on the counter is fine), then pat them very dry. 1:02
2. Sprinkle ½ tsp salt and ½ tsp pepper over a cold 30 cm (12 in) nonstick frying pan — no oil. Lay the fillets in the cold pan skin side down and season the tops with the remaining salt and pepper. 1:49
3. Put the pan over medium-high heat and cook without moving for 6–8 minutes, until the fat renders out of the skin and the bottom 5 mm of the fish turns opaque. The salt layer stops it sticking. 3:07
4. Flip the fillets flesh side down and cook 6–8 minutes more, until the flesh is browned and the centre reads 52 °C. Lift out. 3:36
5. If making the salsa, stir the diced mango, jalapeño, shallot, lime juice, mint, olive oil, garlic and salt together and spoon a little over each fillet. 4:22

> **Tip** Starting in a cold pan renders the fat slowly and keeps thin ends from overcooking. Brining for just 15 minutes seasons the fish. Buy one centre-cut piece and cut it yourself for even fillets.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
352 kcal	31 g	10 g
1,470 kJ	62% of a day	9.1 g net · 7.7 g sugars
		4% of a day

FIBRE	FAT	SODIUM
1.4 g	21 g	1,010 mg
5% of a day	3.9 g saturated	44% of a day
	26% of a day	

Energy from net carbs 10% · protein 35% · fat 55% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 199% · Vitamin B12 159% · Selenium 103% · Vitamin D 75% · Vitamin B6 55% · Vitamin E 40% · Vitamin C 36%

Source of (10–19%) Folate 17% · Potassium 14% · Magnesium 12% · Vitamin A 12%

Recipe and video: America's Test Kitchen (@AmericasTestKitchen) on YouTube — youtube.com/watch?v=O16JAxwkxR8, published 6 March 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/atk-cold-pan-seared-salmon-no-oil