

ChefMarc's Salmon Sauté

Serves 4-6

Ingredients:

1 Salmon Filet, skinned and cut the crown off, so the thickness of the filet is even. Then slice in 2" X 4" - 6" pieces

Preparation:

Heat 8 – 10 inch non-stick Sauté Pan for 3-4 minutes, get it very hot. Put in two Tbsp. of Olive Oil (or Canola, etc.) Or even spray with Pam and cut the calories. As soon as it is starting to bubble put in the filets of Salmon, Sauté for a minute and a half to two minutes per side. Use a spatula to turn over and be careful as the pan is extremely hot. Put Salmon on a paper towel to blot excess oil. Put on serving plate and add one tablespoon of Capers. Add a tablespoon of Lemon juice. Also you can add Lime and Chile Cashews for taste. A wonderful and simple dish that is easy to prepare. Your Salmon will be moist. Sauté in French means “to jump,” make sure the fish doesn't jump out of the pan!

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