ADULT/SENIOR ACTIVITIES

Seared Salmon

WHAT YOU'LL NEED:

- BONELESS SALMON FILLET (SKIN ON ONE SIDE)
- GARLIC SALT
- PEPPER
- LEMON
- COOKING OIL & BUTTER

SHARE WITH US:
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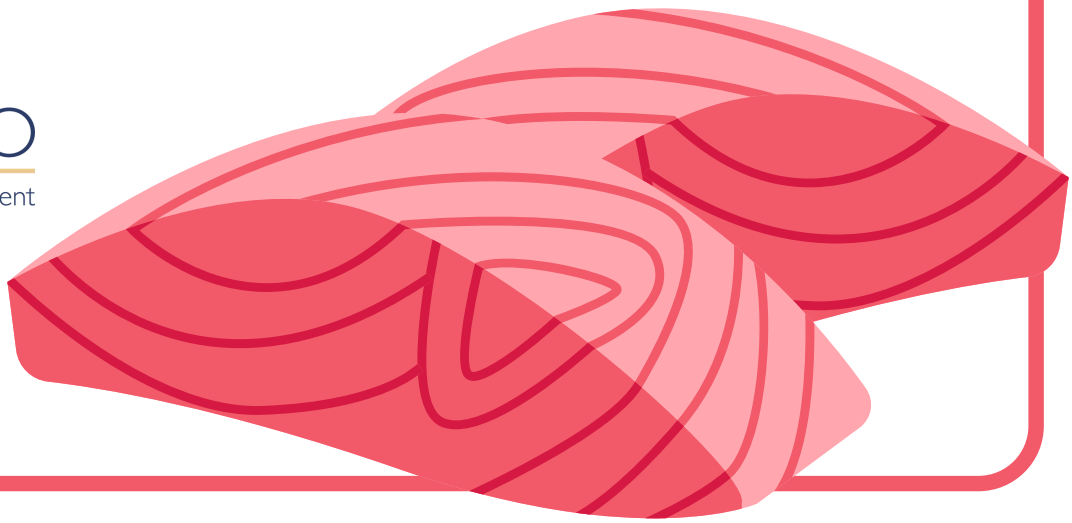
@OAKPARKCC #OPCC

HOW TO:

HEAT 2 TBSP COOKING OIL ON MEDIUM IN A SKILLET LARGE ENOUGH FOR YOUR FILLET. ADD THE SALMON TO THE PAN SKIN SIDE DOWN. SPRINKLE GARLIC SALT AND PEPPER EVENLY TO TASTE. ADD AN ADDITIONAL TBSP OF BUTTER TO THE PAN AND BASTE YOUR SALMON WITH THE MELTED BUTTER. TURN YOUR SALMON OVER TO BROWN. COOK UNTIL THE FISH FLAKES WHEN POKED WITH A FORK. SERVE WITH FRESH SQUEEZED LEMON, SALAD AND RICE. ENJOY!

City of SACRAMENTO
Youth, Parks, & Community Enrichment

OAK PARK COMMUNITY CENTER