

Marinated Salmon Seared in a Pepper Crust

- 2 tablespoons soy sauce
- 1 garlic clove, pressed in a garlic press or minced and mashed to a paste
- 2 teaspoons fresh lemon juice
- 1 teaspoon sugar
- ¾ pound center-cut salmon fillet, skinned and cut into two pieces about 6" to 8" long by about 1" wide and 1" thick
- 4 teaspoons coarsely ground black pepper
- 2 tablespoons olive oil (I use only a spray of olive oil as the fish is quite oily)

In a sealable plastic bag combine well the soy sauce, the garlic, the lemon juice, and the sugar. Put the salmon in the bag, squeezing out all the air, and seal it. Turn the bag several times to coat the salmon well, put it in the refrigerator, and let it marinate for 30 minutes, turning it over after 15 minutes to assure that the marinade coats all sides.

Remove the salmon from the bag, discarding the marinade, pat it dry, and press about 2 teaspoons of the pepper onto each piece of salmon, coating it thoroughly on all sides.

In a heavy skillet (preferably cast iron) heat the olive oil over high heat until it is hot but not smoking and in it sauté the salmon for 2 minutes on each side, turning it from side to side with two spatulas (8 minutes total), or until it just flakes.

Transfer the salmon with a slotted spatula to paper towels and let it drain for 30 seconds.

Serves 2.

Excellent with Pinot Noir or heavy-duty Chardonnay