

Crispy Skin Salmon - <https://www.holdmygfbeer.com/>

Gluten-free, simple, and restaurant-quality at home.

Ingredients

- 2 salmon fillets, skin-on
- 1–2 tbsp high-smoke-point oil (*avocado oil, coconut oil, or olive oil*)
- Salt, to taste
- Optional seasoning: ginger and turmeric (*or any seasoning you love*)

Instructions

1. Heat the Pan

Place a skillet over **medium-high heat** and add just enough oil to lightly coat the bottom of the pan.

You want the oil **hot and shimmering**, but not smoking.

2. Season the Salmon

Season the salmon **liberally on both sides**.

For the version shown here, I used:

- Salt
- Ginger
- Turmeric

But this technique works with **any seasoning blend** you like.

3. Place Salmon Skin-Side Down

When the oil is hot, place the salmon **skin-side down** in the skillet.

And now comes the most important step.

Leave it alone.

Seriously.

- Don't flip it.
- Don't poke it.

- Don't move it around the pan.
- Don't press it down with your tongs.
- Don't keep lifting it to check the skin.
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Just let it sit there for **about 4 minutes** and get crispy in peace.

When the edges begin to sizzle, you can gently **swirl the pan once** to redistribute the oil under the fish.

4. Let the Salmon Release Naturally

The salmon will **release from the pan when it's ready**.

If you try to force it early, the skin will tear and stick — which is honestly heartbreaking.

After about **4 minutes**, gently slide a spatula underneath.

If it releases easily, it's ready to flip.

5. Flip and Finish Cooking

Flip the salmon and cook the second side **3–5 minutes**, depending on how done you like it.

- **3 minutes:** medium-rare (my favorite)
- **4 minutes:** medium
- **5 minutes:** well done

The salmon should still be juicy and tender inside.

