

Herb-Smoked Salmon

I made this one up as I went along, though, now that I think about it, Jamie Oliver probably did something similar on his new series.

I used a prepared spice rub, but you could use your favorite spice mix. I used fresh savory fronds, but fresh rosemary, fennel fronds, or tarragon would probably work well, too.

1 lb salmon fillet

1 t salmon rub

1 bunch summer savory

salt to taste

Heat up a cast iron pan, big enough to hold the filet, and that you can cover with a lid, over high heat. Spray the bottom of the pan with some canola spray. Put in the fresh herbs, and when they start to sizzle, the pan is hot enough. Put the filet on the herbs, skin side up, and cover with the lid. Cook this way for 5 minutes. Lower heat, and remove the filet. Take out the herbs, some of which are probably pretty crisp and smoky by this point. Return the fish to the hot pan, skin side down, and cook to the desired doneness – until the fish just starts flaking.