

Blackened Atlantic Salmon

Set temperature defined by your desired doneness and place the seasoned side of the fish down first

Cook the fish for the recommended time on each side

THICKNESS <i>in inches</i>	MEDIUM RARE (375°F)		MEDIUM (375°F)		WELL (350°F)	
	<i>Seasoned Side</i>	<i>Second Side</i>	<i>Seasoned Side</i>	<i>Second Side</i>	<i>Seasoned Side</i>	<i>Second Side</i>
½"	1m 20s	50s	1m 45s	1m	2m 30s	1m 30s
⅝"	2m	1m 15s	2m 30s	1m 30s	3m 45s	2m 15s
¾"	2m 45s	1m 45s	3m 15s	2m	5m	3m
⅞"	3m 30s	2m 15s	4m 30s	2m 45s	6m 30s	4m
1"	4m 30s	2m 45s	5m 45s	3m 30s	8m 15s	5m
1 ⅛"	5m 45s	3m 30s	7m 15s	4m 30s	10m 15s	6m 15s
1 ¼"	7m 15s	4m 30s	8m 45s	5m 30s	12m 30s	7m 45s
1 ⅜"	8m 45s	5m 30s	10m 45s	6m 30s	15m	9m 15s
1 ½"	10m 30s	6m 30s	12m 45s	7m 45s	17m 45s	10m 45s