

Pan Seared Atlantic Salmon

Set temperature to 425°F and sear the first side of your fish for 1 minute

Then reduce the temperature to 400°F and cook the fish for the recommended time on each side

THICKNESS <i>in inches</i>	MEDIUM RARE		MEDIUM		WELL	
	<i>First Side</i>	<i>Second Side</i>	<i>First Side</i>	<i>Second Side</i>	<i>First Side</i>	<i>Second Side</i>
½"	1m	10s	1m 40s	20s	2m 45s	45s
⅝"	1m 30s	20s	2m 20s	30s	3m 30s	45s
¾"	3m	45s	4m	1m	5m 15s	1m 15s
⅞"	1m 45s	1m 15s	3m	1m 45s	5m	3m
1"	2m 30s	1m 30s	4m	2m 30s	6m 15s	3m 45s
1 ⅛"	3m 15s	2m	5m	3m 15s	7m 45s	4m 45s
1 ¼"	4m 15s	2m 30s	6m 30s	4m	9m 45s	6m
1 ⅜"	5m 15s	3m 15s	7m 45s	5m	11m 45s	7m 15s
1 ½"	6m 15s	4m	9m 30s	6m	14m 15s	8m 45s