

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 |

Crispy Skin Atlantic Salmon

Set temperature to 450°F and sear the skin 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>Skin Side</i> | <i>Flesh Side</i> | <i>Skin Side</i> | <i>Flesh Side</i> | <i>Skin Side</i> | <i>Flesh 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 |

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 |