Salmon with Rosemary, Fennel and Orange Zest
Serves 2

2 6-ounce, skinned salmon fillets
Salt and freshly ground black pepper to taste
½ tablespoon fennel seed, coarsely chopped
½ tablespoon minced fresh rosemary
½ tablespoon minced orange zest
1 tablespoons olive oil or unsalted butter

Season fillets on both sides with salt and pepper. Chop the fennel seed coarsely, and mix it with the rosemary and orange zest. Press this mixture onto the top of each fillet.

Heat a large nonstick skillet over medium-high heat for 3 or 4 minutes. Add the oil or butter called for in the recipe and, when it shimmers, place the fillets, coated side down, in the pan. Cook about 1 minute, or until the spice mixture forms a nicely browned crust.

Turn the fillets and cook about 8-12 minute more until your prefer doneness.