

## **Pan Seared Crispy Salmon with Cherry Sauce**

**(Recipe is for two, can be doubled, tripled etc.)**

For the sauce:

1/2 cup (70 grams) halved **pitted** cherries I used fresh but you can use frozen or jarred

1-1.5 tablespoons brown mustard

2 teaspoons white sugar

2 teaspoons brown or raw sugar

Pinch of salt

2 tablespoons grape juice

For the salmon:

Salt

Pepper

2- 6 ounce (170 gram) salmon fillets, rinsed and patted dry

Spray oil

Directions:

Salt the salmon fillets and pepper them. Let stand while you prepare the cherry sauce.

Place pitted cherries in pan with sugar and brown sugar, a pinch of salt, grape juice and brown mustard. Bring to a boil and reduce heat and simmer until reduced about 10-12 minutes or so.

While sauce is cooking, take a nonstick pan and spray oil heavily. Get pan hot and take the salted and peppered salmon and place skin side down in pan, it should sizzle. Lower to medium- medium high heat. Cook salmon for about 5 minutes until skin is browned and crispy and carefully flip over and continue cooking about 3-5 or so minutes skin side up, 3 minutes for rare, longer for medium. The amount of time you cook them also depends on how thick your fillets are, keep an eye on them. Your sauce should be done by the time you finish the salmon. Serve with cherry sauce on top, right from the pan.