

Easy crispy skin salmon with tarragon yoghurt

Serves 2 and takes about 20 minutes

INGREDIENTS

2 Salmon fillet portions, somewhere between 120g(small) and 200g(large) each, boneless and descaled.

100g yoghurt

Half a lemon, zest and juice

1 garlic clove, crushed

1 tablespoon of tahini

4 tarragon sprigs, leaves only, chopped

1/2 teaspoon of cumin

Pinch of salt

DIRECTIONS

This can be quite messy to cook! It will sizzle and spit quite a lot, so if you have an extractor then I suggest using it on full speed. If you have windows, then you should open them.

You can make the sauce in advance and store it in the fridge. You simply combine all of the ingredients (except the salmon) and mix well. Also, get the salmon out of the fridge for a little while (at least 30 minutes) before cooking.

Heat a frying pan over a 75% heat. Drizzle a little olive oil into the pan, then add a salmon fillet, skin side down and hold it flat with your hand or a fish slice/spatula onto the pan for about 15 seconds, to prevent it from curling up on itself. Release the first fillet, add the second fillet to the pan and hold it down for 15 seconds as well.

Now, you need to leave these in the pan for a while and **DO NOT MOVE THEM**, moving fish around whilst its cooking is when things go wrong. After about 2 minutes, turn the heat down to 50%. They should be sizzling and splattering oil all over your clean cooker, and filling the house with the smell of cooking fish. Am I selling this?

As the fish is cooking, watch the side of the fillet and you will see the colour slowly change from 'raw' pink to 'cooked' pink, starting from the bottom. This is your cooking gauge. Don't worry about burning it, because that's exactly what you want to happen to the skin, and the skin protects the flesh from getting burned.

When it's reached about two thirds of the way up the side, flip the salmon over and cook on the top for a couple of minutes, until the side has become more or less 'cooked' pink from top to bottom.

Remove from the pan and serve, skin side up, drizzled with the tarragon sauce.

