



How to cook 1 pound salmon filets

Brush your salmon filet with oil and season with your rub of choice and allow it to marinate for at least two hours before moving on to cooking.

Oven Instructions:

- Preheat the oven to 425°F. Place filets on a baking sheet. Bake for 12-14 minutes or until the fish reaches desired temp* or it flakes with a fork.

Air Fryer Instructions:

- Preheat the air fryer to 380°F. Air fry for 6-10 minutes or until the filet reaches desired temp* or it flakes with a fork.

Pressure Cooker Instructions:

- Place 1 cup of water in the inner pot of your pressure cooker. Place your wire rack over the top of the water. Place the filet on the wire rack but make sure it's not touching the water. Seal your pot and set your pressure cooker for 4 minutes. When the time is over, quick release the pressure and remove the lid. Check the filet for desired temp* or flake it with a fork.

Sous Vide Instructions:

- Set your immersion circulator to 5° under your desired temp*. Seal your filet in a bag and drop it down into your water. If it floats, use a pair of tongs to keep it under. Set your timer for 60 minutes. When the time is up, remove from the bag and sear the skin of the fish with a kitchen torch, or on a hot frying pan with a little oil.

Stove Top Instructions:

- Heat 1 Tablespoon of oil in your nonstick skillet over medium-heat. Place salmon in the pan, skin side up, for 4 minutes. Carefully flip your filet over and cook skin side down for 4-5 minutes.

Grill Press Instructions (with probe):

- Preheat your grill to 400°F and set the probe to 5° under your desired temp*. Insert your probe into the middle of your filet. Lightly oil your grill press grates and place the filet on the grill. Close your grill but just allow it to touch lightly. Press start. When it comes to the right temp, remove the filet and allow it to rest and finish on the platter/plate.

According to the [United States Department of Agriculture](#), the thickest part of a piece of cooked salmon should have a minimum internal temperature of 145 degrees Fahrenheit—which will be a very firm, well-done piece of fish.

*Salmon Temperatures

- **Rare Salmon.** Less than 120 degrees F.
- **Medium-Rare Salmon.** 125 degrees F to 130 degrees F.
- **Medium Salmon.** 135 degrees F to 140 degrees F (the sweet spot!).
- **Well-Done Salmon.** 145 degrees F or more (please don't do this).