

Pan Fried Salmon

This is best with the smaller salmon like coho or smaller trout. Get a decent sized skillet, preferably iron and preheat your preferred oil. Real lard is best for taste, but shortening, butter, or vegetable oils will all work. I use lard once or twice a year, so this is how I do it. Pre-heat the lard until it starts to smoke slightly. Coat the fish in a mixture of pancake flour, season salt, garlic powder (not garlic salt), and lemon pepper. Pan fry until golden brown on each side. Pretty easy, fast and tasty!

Leftovers make great sandwiches the next day. add some mayo and a slice of lettuce and tomato and you are all set.