

This recipe is about as simple as they come, and your minimal effort will be rewarded with a memorable dish you'll want to repeat in the future.

### Sesame-Crusted Salmon

4-6 salmon fillets, about 6 oz (170 g) each, skinned  
Salt and freshly ground pepper to taste  
1 Tbs (15 ml) sesame or vegetable oil  
About 1/4 cup (60 ml) sesame seeds

Season the salmon with salt and pepper. Rub both sides with a little sesame oil and coat the fillets with sesame seeds. Heat the remaining oil in a large skillet, preferably non-stick, over moderate heat until the oil shimmers. Place the salmon fillets in the skillet and cook without moving them until the bottoms are browned and the bottom half of the fillets are opaque, about 5 minutes. Turn the fillets and cook, without moving them, until the flesh is opaque and firm to the touch, 3 to 5 minutes. Serve immediately. Serves 4 to 6.

Bon appetit from the Chef at World Wide Recipes