

## Jerk Lemon Pepper Salmon: Smoky, Spicy & Zesty Grilled/Broiled

Jerk Lemon Pepper Salmon: Your Flavorful Passport to a Zesty Dinner Adventure!



**OVEN**  
**300°F**

**TIME**  
**2-3 min**

**TEMP**  
**145°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

1 or 2 pieces of Salmon (about 1 ½ lbs total, thick-cut fillets with skin on or off)  
2 T Butter (unsalted preferred)  
1 T Peanut or Canola Oil (only)  
1 lemon, sliced (plus extra for squeezing)  
Roasted vegetables (as a suggested pairing)  
2 T Jerk Seasonings (blend - Note: The recipe lists individual spices for a homemade blend. For clarity, I'll compile these as "Jerk Seasoning Blend" ingredients.) 1 T Salt (for the seasoning blend)  
1 T Black Pepper (for the seasoning blend)  
½ T Chile Powder  
... T Red Pepper Flakes  
... T Parsley (likely typo for Parsley, dried)  
2 tsp Paprika (likely typo for Paprika, sweet or smoked)  
1 T Thyme (dried)  
1 T Cinnamon (ground)  
½ T Nutmeg (ground)  
½ T All Spice (ground)  
1 T Brown Sugar  
1 T Salt  
1 T Cracked Black Pepper  
1 T Lemon Zest  
Swaps and Notes:

**Salmon:** Choose thick-cut salmon fillets (Atlantic, Sockeye, or King salmon are great). Skin-on is good for searing for crispy skin. Adjust cooking time for thinner fillets.

**Jerk Seasoning Blend:** The recipe provides a detailed list of spices for a homemade jerk seasoning. This is robust! Feel free to use a good quality store-bought jerk seasoning blend for convenience (about 2 tablespoons per 1.5 lbs salmon), then add the Lemon Pepper Seasoning separately. **Correction/Clarification on User Ingredients:** "Paisley" is almost certainly "Parsley" (dried). "Papdka" is "Paprika." The quantities of salt/pepper in the general Jerk Seasoning list (1 T salt, 1 T black pepper) seem high if combined with the Lemon Pepper Seasoning which also has 1 T salt and 1 T black pepper. I will assume the intention is for the main "Jerk Seasoning Blend" to be a mix, and then the Lemon Pepper is applied separately, allowing for more nuanced seasoning.

**Lemon Pepper Seasoning:** This bright blend of salt, cracked black pepper, and fresh lemon zest is crucial for the "lemon pepper" aspect.

**Oil:** Peanut or canola oil are good for high-heat searing.

**Butter:** Adds richness and aids in browning during searing.

**Fresh Lemon Slices:** These are great for adding flavor during broiling and for squeezing fresh juice at the end.

**Roasted Vegetables:** This salmon pairs perfectly with simply roasted vegetables.

**Directions:**

**Prepare Salmon:** Rinse the salmon pieces under cold water and pat them thoroughly dry with paper towels. This is crucial for achieving a good sear. Pour a drizzle of peanut or canola oil over the salmon.

**Season Salmon:** Season all sides of the salmon generously with your prepared Jerk Seasonings blend (combining salt, black pepper, chili powder, red pepper flakes, dried parsley, paprika, dried thyme, cinnamon, nutmeg, allspice, and brown sugar from the ingredients list). Then, also season generously with the Lemon Pepper Seasoning (salt, cracked black pepper, and lemon zest). Press the seasonings gently into the salmon.

**Sear Salmon:** Heat a heavy skillet (cast iron or stainless steel works best) over medium-high heat. Add the butter and peanut or canola oil. When the butter is melted and beginning to brown and the pan is slightly smoking, gently add the seasoned salmon to the hot skillet, skin-side down first if applicable. Sear for 2-3 minutes per side until the salmon is beautifully browned and slightly charred.

(PRO TIP: This method is called pan searing. Make sure your butter begins to brown before adding salmon. This will give the salmon that charred seasoned coating.)

**Broil to Finish:** Next, carefully place the seared salmon (and any remaining sliced lemons from the garnishing list) in a lightly greased oven-safe dish. Broil on high heat in the center rack of your oven for 8-10 minutes, or until the salmon is cooked through to your desired doneness (internal temperature of 145°F / 63°C) and flakes easily with a fork.

**Finish with Lemon Juice:** Immediately once removed from the oven, splash the salmon with fresh lemon juice for an extra burst of brightness.

**Serve:** Serve hot alongside your favorite roasted veggies.

**Personal Notes:**

## DIRECTIONS

- 1. Making :** Jerk Lemon Pepper Salmon involves a quick sear on the stovetop, followed by a finish in the oven for perfectly cooked results!
- 2. Prepare :** Salmon: Rinse the salmon pieces under cold water and pat them thoroughly dry with paper towels. This is crucial for achieving a good sear. Pour a drizzle of peanut or canola oil over the salmon.
- 3. Season :** Salmon: Season all sides of the salmon generously with your prepared Jerk Seasonings blend (combining salt, black pepper, chili powder, red pepper flakes, dried parsley, paprika, dried thyme, cinnamon, nutmeg, allspice, and brown sugar from the ingredients list). Then, also season generously with the Lemon Pepper Seasoning (salt, cracked black pepper, and lemon zest). Press the seasonings gently into the salmon.
- 4. Sear :** Salmon: Heat a heavy skillet (cast iron or stainless steel works best) over medium-high heat. Add the butter and peanut or canola oil. When the butter is melted and beginning to brown and the pan is slightly smoking, gently add the seasoned salmon to the hot skillet, skin-side down first if applicable. Sear for 2-3 minutes per side until the salmon is beautifully browned and slightly charred. (PRO TIP: This method is called pan searing. Make sure your butter begins to brown before adding salmon. This will give the salmon that charred seasoned coating.)
- 5. Broil to :** Finish: Next, carefully place the seared salmon (and any remaining sliced lemons from the garnishing list) in a lightly greased oven-safe dish. Broil on high heat in the center rack of your oven for 8-10 minutes, or until the salmon is cooked through to

your desired doneness (internal temperature of 145°F / 63°C) and flakes easily with a fork.

6. Finish with : Lemon Juice: Immediately once removed from the oven, splash the salmon with fresh lemon juice for an extra burst of brightness.
7. Serve: Serve hot alongside your favorite roasted veggies.
8. Personal Notes:: PRO TIP: This method is called pan searing. Make sure your butter begins to brown before adding Salmon. This will give the salmon that charred seasoned coating.
9. Tips for Success: Pat Dry, Always: Patting salmon dry is the most crucial step for a crispy sear and good seasoning adherence.
10. Hot : Pan, Sizzling Sear: Ensure your skillet is very hot before adding the salmon for that perfect charred crust.
11. Don't : Overcook: Salmon cooks quickly. Use a thermometer or check for flakiness. Overcooked salmon is dry.
12. Fresh : Lemon Zest: This is vital for the "lemon pepper" flavor.
13. Adjust : Spices: Taste your jerk seasoning blend (or store-bought) and adjust the heat (chili powder, red pepper flakes) to your preference.
14. Broil for : Finish: Broiling helps cook the fish through without drying out the bottom and adds a nice finish.
15. Serving Suggestions and Pairings: This Jerk Lemon Pepper Salmon is a fantastic main course that's bursting with flavor. It pairs perfectly with:
16. Roasted vegetables (like asparagus, broccoli, or sweet potatoes).
17. Fluffy rice (white rice or a cilantro-lime rice).
18. A simple side salad.
19. Quinoa (like my Easy Quinoa Salad if you adapt the flavors).
20. For other exciting savory dishes, consider my : This Tomato Skillet with Okra and Sausage Is My Favorite Quick Dinner Packed with Southern Flavor.
21. Storage and Leftover Tips: Jerk Lemon Pepper Salmon is best enjoyed fresh from the oven. Leftovers can be stored in an airtight container in the refrigerator for up to 2 days. To reheat, gently warm in a microwave or a low oven (275-300°F / 135-150°C) until just heated through to avoid drying out the fish. Flaked leftovers are delicious in salads or wraps.
22. More Recipes You Will Love: If you loved the bold, savory, and spicy flavors of this salmon, here are a few more fantastic savory recipes that I think you'll absolutely love:
23. For another simple but elegant cheesy baked dish, check out my Homemade Farmer's Cheese (you could serve this cheese alongside the salmon).
24. If you're a fan of fresh, quick veggie sides, my Blistered Shishito Peppers with Zesty Spicy Sauce are a must-try.

25. For a perfectly roasted veggie, my : Parmesan Baked Yellow Squash is a great option.

## SWAPS & NOTES

of heat from chili powder and red pepper flakes, warmth from cinnamon and nutmeg, and savory depth from garlic and thyme.

The pan-searing method creates a beautiful charred crust on the salmon, while the final broil ensures it's cooked through to tender perfection.

The lemon adds a crucial bright, zesty counterpoint that perfectly cuts through the richness of the salmon and the intensity of the spices.

It's an exciting dish that's surprisingly easy to execute and always impresses!

## TIPS FOR SUCCESS

Pat Dry, Always: Patting salmon dry is the most crucial step for a crispy sear and good seasoning adherence.

Hot Pan, Sizzling Sear: Ensure your skillet is very hot before adding the salmon for that perfect charred crust.

Don't Overcook: Salmon cooks quickly.

Use a thermometer or check for flakiness.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/jerk-lemon-pepper-salmon-smoky-spicy-zesty-grilled-broiled/>