



Apricot Brown-Butter Salmon

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Seafood

Prep Time: 15 minutes **Cook Time:** 20 minutes **Difficulty:** Medium **Servings:** 4 **Source:** From the Recipe Collection of Ian and Steph Smith

INGREDIENTS

Preparation:

2 garlic cloves sliced

½ lemon

¼ cup apricot preserves

salt and pepper to taste

1 cup cream

4 x 6 oz. Sockeye salmon fillets

Salt & pepper to taste

Cooking:

4 oz. butter

pinch of Red Boat salt

1 tablespoon vegetable oil

DESCRIPTION

This recipe is based on one published by Meyer Family Vineyards, provided to them for their members by Chef Olivia Nelson of the Brownstone Restaurant in Kamloops.

DIRECTIONS

Preparation:

- Juice the lemon into a bowl.

- Slice the garlic thinly and measure out the preserves, add to the lemon juice, and season with salt and pepper.

- Measure out the cream into a pourable measuring cup.

- Trim the salmon to the size you want and set it aside.

Cooking:

Place the butter in an enameled cast iron pot that is a size where the butter will be about ½" deep when it has melted. Then heat it over medium+ heat until the butter has melted and is just starting to brown, whisking continuously to ensure it doesn't darken around the edges, about 5 minutes. Reduce the heat to medium-low and add the garlic bowl contents. Cook this mixture for 4 minutes, whisking constantly. Slowly add the cream and continue whisking until the sauce is smooth and starting to thicken, about 5 minutes. Remove from the heat and strain the sauce, discarding the garlic, and put the sauce back into the same pot. Add a pinch of Red Boat salt and continue cooking at a simmer, constantly whisking, until the sauce is smooth and has thickened to a gravy-like consistency, about 5 more minutes. Set it aside until needed.

In another, larger cast iron skillet, heat the oil over medium heat. When it is hot, pat the salmon fillets dry, season with salt and pepper, and pan-sear them, skin side down for five minutes. Turn them over and cook them until the salmon is just firm, about another minute. Remove them to a plate, skin side up. Remove the skins and turn the fillets center side up. Let them rest for 3 minutes before serving.

Plate any accompanying side dishes, add a fillet to each plate, and top the salmon with the Apricot Brown-butter sauce.

NOTES

The sauce can be made in advance, even the day before. Once it is cool, place it in a glass container and refrigerate. Re-warm it when it is needed in a double boiler.

This dish is very good with snap peas and either short grain rice or mashed potatoes whipped with cream and white pepper. A Meyer Family Chardonnay is a superb wine pairing.

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