

GUASTELLO'S VILLAGE MARKET

Creamy lemon Dill Salmon

Serves 4

Ingredients

1 1/3 lb salmon filet (or 4 individual slices)
olive oil
salt and fresh cracked black pepper
1 large shallot
1/4 cup white wine
juice of 1 lemon
1 cup heavy cream
1/4 cup chopped fresh dill
3 Tbsp capers

GARNISH

thin lemon slices
more fresh chopped dill

Instructions:

Set oven to 400 degrees F

Lightly coat the bottom of a large skillet with olive oil and heat on medium high heat until hot but not smoking.

Season the salmon on all sides with salt and pepper, and then sear it on both sides. Remove the salmon to a baking sheet and bake for 12-15 minutes, or until just done through.

Meanwhile make the sauce by adding the shallot to the browning pan and sauté for a minute or two to soften. Add the wine and let the wine bubble away to reduce for a couple of minutes.

Add the lemon juice and cream to the pan and bring up to a simmer. Add the fresh dill and the capers. Add salt and pepper to taste.

When the salmon is done, add it to the pan, nestling it down into the sauce. Spoon some of the sauce over the fish, and garnish with lemon and more fresh dill.

Serve right away on a bed of wilted spinach, with couscous or a rice pilaf on the side.

Credit: theviewfromgreatisland.com