

Pan-Fried Salmon with Beurre Rouge

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 20 minutes

Step 1: Making the Beurre Rouge (Red Butter)

- 1 tbsp shallots
- 4 tbsp red wine
- 8 tbsp cold, unsalted butter
- kosher salt (to taste)
- white or black pepper (to taste)
- lemon juice (optional)

To prepare the beurre rouge, first mince the shallots. Measure out the red wine and cut the cold butter into tablespoon-size pieces and set aside.

Place a small saucepan over medium heat. Add the shallots and wine. Bring to a simmer and reduce the liquid by about two-thirds until it reaches a syrupy consistency.

Turn the heat to the lowest setting and whisk in the cold butter one piece at a time to slowly form the emulsion.

Once all of the butter has been incorporated, season with salt and pepper. You may want to add a few more drops of lemon juice to brighten the flavor of the sauce, if needed.

Monitor the sauce closely while you cook the fish. Keep the sauce warm to the touch and whisk often to prevent it from splitting. You may need to turn the heat off and on to keep it at the correct temperature. The heat does not always need to be on, as the residual heat from the pan will keep it warm.

Step 2: Prepping and Cooking the Salmon

- two 6 oz salmon filets
- kosher salt (to taste)
- white or black pepper (to taste)
- 2 tsp grapeseed oil (or olive oil)

To cook the fish, heat a non-stick fry pan over medium heat.

Pat the fish dry and season with salt and pepper to taste. Once hot, add the oil. Place the fish presentation side down and cook for about 2 to 3 minutes per side until just done.

Plate the fish. Whisk the sauce and spoon over top. Serve immediately.