

Baked Salmon with Sautéed Endive

Swick

Serves 1 | Active Time: 25 minutes | Total Time: 25 minutes

Chef's Notes

The time to cook the salmon will really depend on the thickness of the pieces and your preference.

Preparing to cook

Preheat the oven to 400°F.

Step 1: Preparing to cook

Step 2: Cooking the endive

- 1 large Belgian endive, about 7 ounces
- 2 tablespoons water
- 1 tablespoon unsalted butter
- Kosher salt
- Dash granulated sugar

Place the endive, water, butter, salt, and sugar in a medium skillet. Bring to a boil over medium-high heat and cook, covered, until most of the water has evaporated and the endive is nicely caramelized 7 to 8 minutes. Turn to cook briefly on the second side.

Step 3: Making the sauce

- 1 tablespoon ketchup
- ½ teaspoon toasted sesame seed oil
- Dash hot oil or other hot sauce

In a small bowl, combine the ketchup, sesame oil, hot oil, and a dash of salt.

Step 4: Preparing the salmon

- 2 pieces salmon, about 5 -ounces each

If the salmon is thicker at one end than the other, tuck the thinner belly portion underneath. Coat each portion on both sides with the sauce and place in a small sauté pan, ovenproof pan, or dish. Bake until cooked to your liking, 5 to 10 minutes.

Step 5: Serving

- 1 tablespoon chives or flat-leaf parsley, for garnish

Arrange the endive and salmon on a platter, and sprinkle with the chives or parsley. Serve immediately.