

Pan Seared Salmon with Caper Tartar Sauce

Ingredients

1 lb Salmon fillets, with skin if available	1/4 cup mayonnaise
4 tbsp butter	1/4 cup sour cream
1 tsp kosher salt	1 tbsp capers
1 tsp coarsely ground black pepper	1 tbsp chives, finely chopped
1/4 cup parsley, chopped	3-4 small pickles, gherkins
1 tsp garlic powder	1 tbsp fresh dill, chopped
1 tbsp extra virgin olive oil	1/2 of lemon, juiced
4 sprigs fresh thyme	2 tbsp extra virgin olive oil
Tartar Sauce:	Salt & fresh ground black pepper

Directions

Season fish with salt and black pepper. Make a compound butter by allowing the butter to soften. Add salt, coarse ground black pepper, parsley & garlic powder. Mix thoroughly and then smear evenly on the skin side of salmon, completely covering the skin with a nice, thick layer.

Heat sauté pan with 1 tbsp of olive oil and add four sprigs of thyme. By “frying” the thyme you will be infusing the oil with its flavor as well as creating nice crispy sprigs for garnish. After 2 minutes, remove the thyme and set aside.

Carefully place salmon fillets skin side down in pan. Press gently with your fingers or a spatula so that fish makes complete contact with pan. When skin is crispy and releases from pan, carefully turn over with a thin spatula. Cook 3 more minutes or until fish is done. Serve with crispy skin facing up and large spoonful of tartar sauce and crispy sprig of thyme.

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