

# Pan-Seared Salmon with Tomato & Ginger Sauce and Pine Nuts

*Adapted from Fine Cooking magazine*

[http://www.finecooking.com/recipes/seared\\_salmon\\_tomato\\_ginger\\_sauce.aspx](http://www.finecooking.com/recipes/seared_salmon_tomato_ginger_sauce.aspx)



## **Servings: 4**

*1/4 cup coriander seeds, ground medium-fine*

*1/2 teaspoon ground ginger*

*1/4 teaspoon cayenne*

*1 tablespoon canola oil*

*24 ounces salmon fillets, skin removed, cut into portions*

*Kosher salt and freshly ground black pepper*

*1 tablespoon canola oil (for sauteing the fish)*

## **SAUCE:**

*2 cloves garlic, minced*

*2 cups ripe tomatoes, seeded then chopped*

*1/2 cup dry white wine*

*1/4 cup low-sodium chicken broth*

*2 teaspoons fresh ginger, grated*

*2 tablespoons unsalted butter*

*2 tablespoons chopped fresh basil, or cilantro*

*1/4 cup pine nuts, toasted*

1. In a small bowl, combine the coriander, ground ginger, and cayenne and mix with oil to make a paste. Pat the paste on both sides of the salmon fillets and season with salt and pepper.
2. Heat a 12-inch heavy-based skillet over medium-high heat. Add the remaining portion of oil and swirl to coat. When the oil is hot but not smoking, add the fillets and cook until the bottom is well browned and the bottom half of the fish becomes opaque, 3 to 4 min. Turn the fish and cook until browned on the second side and just cooked through, another 3 to 4 minutes. The fish should reach an internal temp of 135° if you want to use an instant read thermometer. Transfer to a warm platter.
3. Pour off all but a film of fat from the pan. Add the garlic and sauté until fragrant, about 15 seconds. Add the tomatoes, sprinkle with salt, and sauté until slightly softened, about 2 min. Remove from the heat, toss in the ginger, and pour the tomatoes over the fish.
4. Put the pan over high heat. Add the wine and boil until reduced by half. Add the broth; boil until reduced by half again. Off the heat, swirl in the butter. Season with salt and pepper to taste. Pour the sauce over the salmon and tomatoes, sprinkle with the basil (or cilantro) and pine nuts, and serve immediately.

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Per Serving (excluding unknown items): 417 Calories; 24g Fat (53.3% calories from fat); 38g Protein; 9g Carbohydrate; 2g Dietary Fiber; 104mg Cholesterol; 129mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1 Vegetable; 3 1/2 Fat.