

# Grilled Lemon Herb Salmon with Lemon Piccata Caper Butter Sauce

From a Phyllis Carey cooking class, 2013

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**Servings: 6**

Notes: it is best to use a high-fat butter in this recipe. Grocery store butter contains more water and the sauce will not thicken as it should. Suggested brands: Plugra, Kerry Gold or Land O'Lakes. If doubling this recipe, make the sauce in 2 separate pans - it's very difficult to make a beurre blanc sauce in a large quantity.

1. MARINADE: Place salmon fillets in a flat casserole dish. Combine the oil, lemon juice, parsley and thyme. Pour over the salmon, turning fillets to coat well. Cover and refrigerate at least 15 minutes, or an hour is preferable. Do not marinate more than 1 hour or the fish will begin to "cook" because of the lemon juice (acid).

2. SAUCE: Combine wine, shallots and lemon juice in a medium saucepan. Bring mixture to a boil over high heat and cook it to reduce it to 1/4 cup, about 5 minutes or so. It is VERY important that you measure the amount - pour it out into a glass or metal measuring cup to make sure it's right on 1/4 cup. Pour mixture through a sieve to remove the shallots (discard them). Set the sauce mixture aside for up to 2 hours prior to serving (covered).

3. SALMON: If using an outdoor grill or stovetop grill, grill salmon for 4-6 minutes per side until JUST cooked. Internal temperature should be 135° if you have an instant read thermometer. You can also slow-roast the fish in a 250° oven for 25-30 minutes. Or use a slow-broil method: preheat broiler to high and move the oven rack to at least 8-10 inches below the broiler element. Place fish on a broiler rack and bake/broil the fish for 10-12 minutes total without turning over the fish. It will cook through perfectly.

4. FINISH: While salmon is grilling reheat the sauce mixture. Reduce heat to VERY low (just below a simmer) and add the butter, one piece at a time, taking great care NOT to allow the mixture to boil or bubble at all (if it does, the butter will separate and the sauce will never come together correctly). The sauce should thicken just slightly (because the butter is viscous) - if it is not thickened, add a bit more butter. Remove sauce from the heat and stir in capers. Season to taste with salt and pepper. Place salmon on heated plates and spoon sauce over the salmon fillets to serve. This is best served on individual plates, not on a serving platter. If you must use a serving platter, pour sauce separately from a pitcher. The sauce is very rich and each fillet will get only 2 tablespoons or so of sauce total.

## SALMON:

36 ounces salmon fillets, skinless, cut into 6 pieces

1/4 cup grapeseed oil

2 tablespoons fresh lemon juice

1 tablespoon Italian parsley, minced

1/4 teaspoon dried thyme

## LEMON CAPER BUTTER SAUCE:

3/4 cup dry white wine, not Chardonnay or vermouth

3 tablespoons shallots, chopped, not minced

2 tablespoons fresh lemon juice

1/2 cup unsalted butter, chilled, cut into 8 pieces

2 tablespoons capers, drained and rinsed

**Carolyn T's Blog - Tasting Spoons**  
<http://tastingspoons.com>

Per Serving (excluding unknown items): 440 Calories; 30g Fat (65.2% calories from fat); 34g Protein; 2g Carbohydrate; trace Dietary Fiber; 130mg Cholesterol; 144mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 0 Other Carbohydrates.