

Creamy Lemon Garlic Salmon with Fresh Dill

Cooking class, Phillis Carey, Oct. 2019



24 ounces salmon fillets, 6 ounces each
Kosher salt and freshly ground black pepper
1 tablespoon extra-virgin olive oil
1 tablespoon butter
3 cloves garlic, minced
1 tablespoon all-purpose flour
1 1/4 cups heavy cream
Juice and zest of 1 lemon
2 tablespoons fresh dill, chopped
Crushed red pepper flakes
Yield: 4 servings

Per Serving (excluding unknown items): 520 Calories; 40g Fat (69.0% calories from fat); 36g Protein; 4g Carbohydrate; trace Dietary Fiber; 198mg Cholesterol; 172mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 7 Fat.

Carolyn T's Blog: tastingspoons.com

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1. Season salmon all over with salt and pepper. In a large nonstick skillet over medium-high heat, heat oil. Do not allow oil to smoke or oil will burn. Choose a frying pan that won't crowd the fish - it needs space around each fillet to cook properly. Add salmon, skin side-up, and cook until golden and seared, 6 minutes. Flip and cook until skin is crispy, about 5 minutes. Remove salmon from skillet and transfer to a plate.
2. Reduce heat to medium (and remove from heat if the pan appears to be too hot), and melt butter. Stir in garlic and cook 30 seconds, then stir in flour and cook 30 seconds more. Whisk in heavy cream. Bring to a simmer and let thicken slightly, 2 to 4 minutes. Stir in lemon zest and juice and dill. Season with salt and pepper.
3. Return salmon to skillet and let simmer in sauce for 1 minute. Garnish with crushed red pepper flakes before serving. Nice served with buttered orzo and fresh spinach. Or riced cauliflower or millet - something to soak up the extra sauce and juices.