

Roasted Salmon with Shallot Grapefruit Sauce

Internet Address: <https://www.elliekrieger.com/recipe/roasted-salmon-shallot-grapefruit-sauce/>

Ellie Krieger, The Food You Crave



Servings: 4

1. Preheat the oven to 350°F. Season the salmon with the salt, place in a baking dish, and roast until just cooked through, about 15-18 minutes. Use an instant read thermometer and remove fish when it reaches 125°F.
2. While the salmon is cooking, prepare the sauce. Cut ONE of the grapefruits into sections by cutting off the top and bottom of the fruit, then standing it on one end and cutting down the skin to remove the woolly white pith and peel. Then, with a paring knife, remove each segment of fruit from its membrane and cut the segments in half. Set the segments aside. Juice the other grapefruit and set the juice aside.
3. In a medium skillet, heat the oil over medium heat. Add the shallot and cook, stirring until softened, about 2 minutes. Add the ginger, grapefruit juice, honey, and cayenne and bring to summer. Cook until the sauce is reduced by about half, about 10 minutes. Add the lemon juice and season with salt. Right before serving, toss the grapefruit pieces and basil into the sauce.
4. Place the salmon on a serving dish, spoon the sauce over it, and serve immediately. Asparagus makes a nice side dish with the salmon.

- 4 salmon fillets, skinless (5 to 6 oz each)
- 1/4 teaspoon salt, plus more salt to taste
- 2 whole ruby red grapefruits
- 2 teaspoons olive oil
- 1 tablespoon minced shallot
- 1 teaspoon fresh ginger, peeled and grated
- 2 1/2 teaspoons honey
- 1 Pinch cayenne pepper
- 2 teaspoons fresh lemon juice
- 2 tablespoons fresh basil, thinly sliced

Yield: 4 servings

Per Serving (excluding unknown items): 563 Calories; 17g Fat (28.5% calories from fat); 81g Protein; 17g Carbohydrate; 2g Dietary Fiber; 293mg Cholesterol; 343mg Sodium; 12g Total Sugars; 0mcg Vitamin D; 74mg Calcium; 2mg Iron; 1883mg Potassium; 1145mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com