

# Salmon and Achiote with Saffron Orange Beurre Blanc

From a Phillis Carey cooking class, 2013 (she adapted the recipe from the Food Network)

Internet Address: <http://www.foodnetwork.com/recipes/the-best-of/baked-cedar-board-salmon-over-chard-and-bean-saute-in-saffron-orange-beurre-blanc-recipe/index.html>



Just remember that each person gets just a couple tablespoons of the sauce.

## ACHIOTE MIXTURE:

- 1/4 cup flour
- 2 tablespoons achiote paste
- 1/4 teaspoon salt
- 1/4 teaspoon white pepper

## SALMON:

- 2 tablespoons grapeseed oil, or vegetable oil (do not use olive oil)
- 2 1/2 pounds salmon fillets, cut into 6 pieces

## BEURRE BLANC:

- 1/4 cup white wine
- 2 tablespoons minced shallot
- 2 tablespoons rice wine vinegar
- 1 1/2 cups unsalted butter (and it may need more)
- 2 pinches saffron
- 1 teaspoon orange zest
- 1 tablespoon chives, minced, or cilantro

Salt and freshly ground white pepper to taste

## Servings: 6

PREP: Have all the Beurre Blanc sauce ingredients ready before starting. It will likely take the full 7 minutes or more of the salmon-baking-time to finish the sauce. Have hot plates and all the rest of the meal ready to serve.

1. Preheat the oven to 375° F (use convection/bake if available). Prepare a sheet pan with parchment paper, large enough to hold the salmon pieces without crowding or touching.
2. ACHIOTE: In a shallow bowl combine flour and achiote paste.
3. Rub each salmon fillet with salt and pepper. Lightly coat with the annatto flour mixture. Shake off any excess. Place the oil in a large saute pan and heat to medium-high heat. Pan sear the fillets until golden, 1-2 minutes per side. Do not crowd the pan. As the fish is browned, remove from pan and place on parchment lined sheet pan. When all pieces have been browned, bake the salmon for 7-9 minutes (depends on the thickness).
4. SAUCE: Combine white wine, minced shallot, and rice wine vinegar in saucepot. Simmer on medium heat until reduced by half. Add butter in several batches and whisk each time until the butter has melted, replacing pan on the stove for short periods. BUT do not allow mixture to boil at all, or it will separate. Once you've added the butter and it still seems to be too thin, you will need to add more butter (original recipe calls for 2 cups butter). Add saffron and orange zest and whisk in until blended thoroughly. Serve immediately. Serve with rice or some kind of carb to help absorb the fabulous sauce.

## Yield: 6 servings

Per Serving (excluding unknown items): 696 Calories; 57g Fat (72.8% calories from fat); 39g Protein; 9g Carbohydrate; trace Dietary Fiber; 222mg Cholesterol; 343mg Sodium. Exchanges: 1/2 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 10 Fat; 0 Other Carbohydrates.

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