

Pan Roasted Salmon

Inspired by Keith Snow, www.harvesteating.com

This salmon fillet is lightly seasoned with salt and pepper. The flesh side is covered with freshly roasted and then ground coriander seeds. The fillet is roasted in a pan with olive oil, first on the flesh side, then on the skin side. After cooking, the fillet is transferred to a serving dish. The remaining brown bits in the pan are loosened with white wine, orange zest, orange juice and butter, to produce a flavorful light sauce. The sauce is poured over the fish or served on the side.

1. Prepare coriander seeds

2 tablespoons coriander seeds Roast in a small heavy skillet over medium heat for 2 minutes.

Grind to a coarse consistency with a mortar and pestle or spice mill.

2. Prepare orange zest and juice

1 navel orange Shave skin with a grater to yield ½ teaspoon zest. Set aside in a small bowl.

Cut orange in half crosswise. Extract juice of ½ orange into the same bowl with the zest. Set aside.

3. Prepare salmon

3-4 oz pacific salmon fillet with skin, line caught if possible Season fillet with salt/pepper on skin side and then on flesh side.

kosher salt and freshly ground black pepper to taste Rub in ground coriander on the flesh side to form crust.

4. Roast

2 tablespoons extra virgin olive oil Heat olive oil in a heavy bottomed skillet over medium heat for 2 minutes.

Lay the fish flesh side down in the hot olive oil.

Cook slowly without moving the fillet for 4-5 minutes before flipping gently as not to break the fillet.

5. Transfer

Once cooked to a medium (or more if you prefer), transfer fish to a serving plate.

6. Deglaze

1/4 cup dry white wine to deglaze Remove the pan from the heat. Add white wine.

½ teaspoon zest and juice of 1/2 navel orange Return pan to the heat. Stir wine to loosen bits in the pan.

Cook until wine is reduced by half.

Add zest and juice of orange. Stir to combine and a light emulsion forms.

7. Finish

2 tablespoons unsalted butter
salt and pepper to taste

Turn off heat.

Add butter. Stir well until completely melted.

Add salt and pepper to taste.

8. Serve

Pour sauce on top and/or side of fish.

Squeeze a bit of orange juice on top of fish.

Serve.