

The Chef's Table

Swimmin' Salmon

1 Salmon fillet large enough for two
2 T Fish Scales seasoning spice
1/2 Cup Fish or chicken stock
1/4 Cup White wine
1/4 Cup finely chopped sweet onion
2 T Sour cream
1 T Balsamic vinegar
1 Clove garlic finely chopped
1 T Unsalted butter
Kosher salt
Freshly ground black pepper
Olive oil

Place oven rack in middle position in the oven and pre-heat the oven to 450-475 degrees.

Slowly pre-heat a cast iron skillet on medium to medium-high heat. Meanwhile, season fish with the Fish Scales seasoning spice, Kosher salt and freshly ground black pepper. (**NOTE:** If the fish has skin on one side it is not necessary to spice the skin. If the skin has been removed then season both sides of the fillet.)

Add enough olive oil to your heated cast iron skillet to coat the bottom nicely. Place the salmon fillet in the pan with the skin side up and quickly brown it (about two minutes). Turn the fillet over and turn the stove burner off. Add the onion, garlic and equal amounts of white wine and stock to fill the skillet about 1/2 the thickness of the fillet. Cover with tin foil and place on the center rack of the pre-heated oven.

Cook for about 6 to 8 minutes, or just until the meat begins to flake when pricked with a fork (fish will finish cooking while it rests). **NOTE:** over cooked salmon is dry and tough, so do not over cook. Remove skillet from the oven, place fillet on a warm platter and cover with the tin foil you used for a lid and place skillet on a burner over medium heat.

Add the Balsamic vinegar to the pan juices, bring to the boiling point and reduce the volume by about 1/2. Remove skillet from the burner and add the sour cream and finish with the unsalted butter. (**NOTE:** If you want a thicker sauce then thicken with a slurry made with corn starch and water. Re-heat sauce just until it thickens, do not boil the sauce to prevent splitting.)

Plate the fish and spoon sauce over it. Garnish and serve.