



fresh fish markets

Sear-Roasted SALMON with Lemon-Rosemary Butter Sauce

serves 4

INGREDIENTS

- 4 skinless salmon fillets (6 to 8 oz each)
- 2 tablespoons olive oil or canola oil
- kosher salt and freshly ground black pepper
- $\frac{3}{4}$ cup dry white wine
- 3 tablespoons finely diced shallot (*about 1 large shallot*)
- 1 teaspoon chopped fresh rosemary
- 6 tablespoons unsalted butter, cut in small cubes
- 1 teaspoon fresh lemon juice

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Preheat oven to 425F. Pat salmon fillet(s) with paper towels to remove excess moisture. Season both sides with salt and pepper. Heat a 12-inch ovenproof skillet over med-high heat for about 1 minute, or until a droplet of water vaporizes in 1-2 seconds. *(If water jumps without evaporating, the pan is too hot; remove from heat for 30 seconds to cool.)*



Add oil to pan and swirl; evenly space salmon in the pan. Cook without touching or moving for 2 minutes. Use a spatula to lift a corner of the fish, checking that it's well browned and releases from the pan. If it sticks or isn't browned, cook another minute. When salmon is browned and releases from pan, flip and cook for 1 minute. Transfer skillet to preheated oven.

Roast 4-7 minutes or until salmon reaches desired level of doneness. Use potholders to carefully remove the skillet from the oven. Transfer salmon to plate, tent with foil and let rest while you prepare the sauce.

Pour excess fat from the skillet. Use paper towel to blot remaining oil from pan, leaving the browned bits. Return pan to high heat and add wine, shallot and rosemary. Cook, stirring, 3-4 minutes or until wine is almost evaporated. Remove from heat and whisk in cubes of butter, adding a few at a time until they're fully melted. Stir in lemon juice. Season with salt and pepper to taste. Spoon sauce over the salmon and serve immediately.