



Recipes

Fish

Salmon in Citrus Sauce

Prep Time: 15 minutes

Yield: 4 servings

Ingredients:

1½ lbs salmon filets, skin and bones removed, cut into 4 pieces
1/2 medium sized onion, chopped
2 medium cloves garlic, chopped
2 tablespoon + 2 teaspoon fresh lemon juice
1½ cups fresh orange juice
1 teaspoon fennel seeds
2 tablespoon minced fresh parsley, or if you have it, green fennel tops
salt and white pepper to taste

Directions:

1. Preheat broiler and place a stainless steel or cast iron skillet under broiler for about 10 minutes to get it very hot.
2. Chop onions and garlic and let sit for 5 minutes to enhance their hidden health-promoting properties.
3. While skillet is heating, place chopped onion, garlic, fennel seeds, 2 tablespoon lemon juice, and orange juice in a shallow, wide saucepan and cook on high heat for about 10-15 minutes to reduce to half the volume.
4. Season salmon pieces with 2 teaspoon lemon juice, salt and pepper and place on hot pan from broiler. Return pan to broiler (approximately 5-7 inches from heat) and broil salmon for about 7 minutes depending on thickness (10 minutes per inch of thickness). Do not turn, as salmon is cooking on both sides at once.
5. Remove salmon from pan, and place on platter. Season citrus sauce with salt and pepper and strain liquid over salmon. Sprinkle with finely chopped parsley.