



Sautéed Salmon

Doctors advise eating a fatty fish such as salmon at least once a week. Here is a quick, easy and different way to prepare a wonderful salmon dish.

Ingredients:

4 pieces salmon filet, about 6-8 ounces each
Flour seasoned with salt and pepper
2 Tbsp. Avocado oil, Olive oil or Vegetable oil
2 Tbsp. chopped onion
2 Tbsp. chopped celery
2 Tbsp. drained capers, chopped
1 Tbsp. red wine vinegar

Season flour with salt and pepper, but Old Bay Seasoning adds a lot of flavor instead of salt. Put seasoned flour into a ziplock bag. One at a time, place a salmon filet in the bag and shake the bag to coat evenly. Repeat for each of the filets. Discard the bag with the left-over flour. Heat over medium-high heat a pan large enough to hold the filets. Add 1 Tbsp of the oil. Sauté the filets skin side up until lightly browned, about 3-4 minutes. Turn over and cook another 3-4 minutes. Remove filets from pan. Add the remaining 1 Tbsp oil. Add onions, celery, and capers and sauté until onions are translucent about 3 minutes. Add vinegar and let cook over high heat for a minute or two. Spoon over salmon filets and serve.

I've been cooking this recipe since 2011. Back in that day, I could serve this meal to eight people and join them for dinner while it was still hot. Of course, having been in the restaurant business in my other life, being younger, quicker, and smart enough to ask for some help plating and washing all the dishes, it was practically a breeze.

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