

LEMON BUTTER-BASTED SALMON WITH DILL BEURRE BLANC

Serves 4.

Salmon:

4-6 oz. salmon fillets
Salt and white pepper to taste
2 T. fresh lemon juice
4 T. unsalted butter

Beurre Blanc:

2 T. dry white wine or vermouth
1 T. fresh lemon juice
1 T. white wine vinegar
1/4 cup finely diced red onion
1/4 cup heavy whipping cream
6 T. unsalted butter, sliced and chilled
Salt and white pepper to taste
1 T. chopped fresh dill

1. For salmon, season salmon fillets with salt and white pepper. Melt butter in a large nonstick skillet over medium-high heat. Add the salmon, best side down and cook until browned, 2 minutes. Carefully turn salmon over and drizzle with lemon juice. Lower the heat to medium low, cover the pan and cook until salmon is done, 5 to 6 minutes.

2. To make the Beurre Blanc, combine wine, lemon juice, vinegar and red onions in a small saucepan. Bring to a boil and cook until liquid is reduced to 1 tablespoon. Add the cream and bring to a simmer. Lower heat to low and add butter, 1 slice at a time, whisking constantly. Be careful not to let the sauce bubble. Remove from heat and stir in the dill; season with salt and white pepper to taste.

3. Place the salmon fillet on serving plates and spoon on the sauce.

Variations: *Substitute other herbs for the dill—try basil, thyme or just parsley.

*Leave out the cream and add more 4 more tablespoons of butter but beware that the sauce might more easily break if overheated.

*Grill or roast the salmon instead of cooking it in the butter/lemon sauce.

*Serve the sauce on grilled chicken or asparagus or broccoli or another fish.

*Serve the salmon on a bed of cooked spinach with sauce spooned over all.