

Seared Salmon with Beurre Blanc

Serves 4

- 2 tablespoons minced shallot
- ¼ cup dry white wine
- 3 tablespoons freshly squeezed lemon juice
- 6 black peppercorns, cracked
- 2 sprigs fresh thyme
- ½ cup heavy cream
- 1 stick (4 ounces) cold butter, cut into pieces
- sea salt and freshly ground black pepper to taste
- 2 tablespoons olive oil
- 4 salmon fillets, about 6 oz each

Combine shallots, wine, lemon juice, peppercorns, and thyme in a small saucepan. Cook over medium-high heat until the liquid has reduced to a syrup and the pan is nearly dry. Add the heavy cream and whisk to combine.

Remove from the heat and whisk in the cold butter, one piece at a time, until all is incorporated. Strain the sauce through a fine mesh strainer, then season to taste with salt and pepper.

Coat a large skillet with olive oil and place over medium heat. When hot, add the fillets to the pan skin side down; season with salt and pepper. Cook for 5 minutes until the skin is nice and brown. Turn the fish over and cook for 3 minutes on the other side.

Serve the sauce over the pan-seared salmon. Serve with grilled or sautéed corn on the side.

Variations: This sauce is also great on chicken, white fish, roasted pork tenderloin, and vegetables.

Wine Pairing – Villa del Monte 2011 Chardonnay Santa Cruz Mountains Regan Vineyard