



BRISTOL BAY
SOCKEYE SALMON

BRONZED SALMON IN A BASIL WINE SAUCE

SERVINGS: 2

Ingredients:

2 sockeye salmon steaks or fillets
(4-6 ounces each), fresh, thawed or
frozen

1 tablespoon olive oil

Blackened seasoning, to taste

2 tablespoons Chardonnay

Sauce:

1 teaspoon chopped garlic

1/2 cup Chardonnay

1/2 cup heavy cream

2 tablespoons chopped fresh basil

Salt, to taste

Lemon wedge

Directions:

Rinse any ice glaze from frozen salmon under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat.

1 Brush both sides of salmon with oil. Place salmon in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn salmon over and sprinkle with blackened seasoning, to taste. Cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes for frozen salmon or 3 to 4 minutes for fresh/thawed fish. Cook just until

2 fish is opaque throughout. Remove the pan from the heat and add 2 tablespoons wine. Swirl the salmon fillets in the pan, uncovered, until liquid is evaporated. Remove salmon from the pan and keep warm.

Place the same skillet back on medium-high heat and add the garlic and 1/2 cup wine. Simmer wine until reduced by two-thirds.

3 Add the cream and basil; simmer sauce until thickened, about two minutes. Season to taste with salt and add the juice of one lemon wedge.

Find more delicious wild sockeye salmon recipes at
www.bristolbaysockeye.org.