

Pan Roasted Sockeye With Curry Chutney Butter

By Melissa A. Trainer



Pan Roasted Copper River Sockeye gets saucy with a curry chutney compound butter

Ingredients

- 2 five-to-six-ounce Copper River sockeye fillets, pin bones removed
- salt for sprinkling fillets
- canola or olive oil spray for coating the fillets and pan
- ½ stick butter, softened
- ½ tsp curry powder
- 1 tbs Mango chutney
- 1 tbs coarsely chopped fresh cilantro
- 1 tbs coarsely chopped fresh mint

*Serves 2

Prep time: 30 minutes

Instructions

- Preheat oven to 400° F
- Season the salmon fillets with salt and spray both sides of the fillet lightly with the oil
- Blend the butter, curry powder, mango chutney, cilantro and mint in a mini chopper until thoroughly combined
- Season with salt and pepper and transfer compound butter to a piece of wax paper, roll into a chunky log and wrap with the wax paper
- Spray a heavy ovenproof frying pan* with canola oil and preheat on the stove over moderately high heat
- Place the fillets flesh side down in the pan and sear for about one minute
- Turn the fillets and sear, skin side down, for about another minute
- Bake the fillets in the oven for about 7-8 minutes, or until the flesh is opaque and flakes easily with a fork
- Transfer fillets to plate, put a couple thin slices of the curry chutney butter on each fillet and let it melt to create a simple sauce

Serving Suggestions: Steamed (or roasted) baby potatoes, sliced carrots, minty peas, steamed asparagus

*Check the pan's manufacturer's product specifications to be sure the pan is ovenproof.



COPPER RIVER

Wild Alaska King, Sockeye & Coho

www.CopperRiverSalmon.org