

Pan Roasted Sockeye With Lemon Dill Butter

By Melissa A. Trainer



Pan Roasted Copper River Sockeye with savory lemon dill compound butter creates an aromatic sauce that elevates simplicity to new heights

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 the pan
- ½ stick butter, softened
- 1 lemon, juiced
- 1 garlic clove, chopped
- 2 tbs chopped fresh dill
- freshly cracked pepper

*Serves 2

Prep time: 30 minutes

Instructions

- Preheat oven to 400° F
- Season the salmon fillets with salt and spray lightly with the oil
- Combine the butter, lemon juice, garlic and fresh dill in a mini chopper and process the mixture until it is smooth and well combined
- Transfer the compound butter to a piece of wax paper and form 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, skins 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 lemon dill butter on each fillet and let it melt to create a simple sauce

Simple Seasonal Sides: Steamed (or roasted) baby potatoes, sliced carrots, minty peas, steamed asparagus



COPPER RIVER

Wild Alaska King, Sockeye & Coho

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

www.CopperRiverSalmon.org