

Lemon Butter Herbed Salmon

Recipe By Naomi Nachman



Cooking and Prep:  20
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Serves:  6

Contains:   

Preference: Dairy

Difficulty: Easy

Occasion: Shavuot

Diet: Pescetarian

Ingredients (11)

Main ingredients

- 6 (6-ounce) salmon fillets
- 1/2 cup Gefen Cornstarch
- 1 tablespoon plus 1 teaspoon lemon pepper, divided
- 2 tablespoons canola oil
- 2 tablespoons butter
- 2 tablespoons flour

- 1 and 1/2 cups **Baron Herzog Chenin Blanc** or other white wine
- 1 fresh lemon, juiced
- kosher salt, to taste
- small handful fresh parsley, finely chopped

Sommelier Suggests

- Herzog Special Reserve Edna Valley Albarino**
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Start Cooking

Prepare the Salmon

1. In a small bowl, mix together cornstarch and one tablespoon lemon pepper.
2. Coat fish in the cornstarch mixture. Set aside.
3. In a large saucepan, heat oil over medium-high heat; working in batches if necessary, add fish. Cook for three minutes on each side, until lightly browned. Place the fish into an ovenproof dish; set aside.
4. Preheat oven to 350 degrees Fahrenheit.
5. Prepare the sauce: Over moderate heat, in the same saucepan, melt butter; then add flour to make a roux, stirring constantly until it thickens. The sauce will get thicker as it gets closer to boiling point.
6. Add white wine and lemon juice; add 1 teaspoon lemon pepper and salt to taste.
7. Stir constantly until the sauce thickens; stir in the fresh parsley.
8. Pour sauce over fish; bake for 20 minutes, uncovered.

Note:

- Roux is created by cooking wheat flour with oil or butter. It is the thickening agent used when making sauces.
- To tell if fish is done, use a fork to flake the fish in the thickest part. If it flakes easily, it's ready.
- You can also use striped bass, cod, and Nile perch in this recipe.