

Seared Salmon with Thai Lemongrass Honey Sauce



For the sauce:

- 1 c rice wine vinegar
- ½ c honey
- 8 ea garlic cloves, minced
- 2 t red chili pepper flakes
- 2 T fish sauce
- 2 T soy sauce
- 2 T lemongrass, minced

For the salmon:

- 6 salmon filets (5-6oz each)
- 2 T oil

Yield: Serves 6

For the sauce:

1. Place all ingredients together in a medium saucepan over medium-high heat. Stir as you bring the sauce to a boil.
2. Reduce heat to medium and allow to simmer for 20-30 minutes, uncovered. The sauce will gradually thicken.
3. When the sauce has thickened, set aside to cool for 10 minutes. Strain the sauce to remove the remaining aromatics.

For the salmon:

1. Heat a frying pan over medium-high heat for 1 minute before adding oil.
2. Lift and tilt pan to evenly distribute oil and then add salmon to the pan.
3. Allow the salmon to sear undisturbed for at least 2 minutes before turning. Turn the salmon when cooked halfway through. Cook on other side for 2-4 minutes to desired doneness.
4. Serve the salmon on serving plate or individual plates. Spoon the sauce over each filet.

Recipe by Creative Palate Works Catering



DOMAINE CARNEROS.