

Let's Cook Salmon!

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Ever want to cook Salmon but really stuck on what sauce to make with it? Well here's an "agrodolce" sauce recipe (translates to sweet and sour) that's perfect for salmon. With just a few pantry items, this recipe is super easy to swap out the main ingredient and make just about any agrodolce sauce, let me show how!

Serves: 4 Total cook time: 15 minutes

- 4 (6 oz) skinless salmon fillets (1-inch thick),
- Salt and freshly ground black pepper
- 2 cloves garlic , minced
- 2 1/2 tsp minced fresh thyme – optional
- 5 Tbsp chicken broth , divided
- 1 1/2 tsp orange zest
- 2/3 cup fresh orange juice
- 1 Tbsp fresh lemon juice
- 1 1/2 Tbsp honey
- 2 1/2 tsp cornstarch

Heat olive oil in a large non-stick sauté pan or skillet over medium-high heat.

Season both sides of salmon with salt and pepper.

Add salmon and to pan and cooked until browned on both sides and cooked through, about 3 - 4 minutes per side. Transfer salmon to a plate while leaving oil in pan. Turn pan to low heat and garlic and thyme to pan and sauté for about a minute. You don't want to burn the garlic just slightly toast. Now add 1/4 cup white wine, orange zest, orange juice, lemon juice and honey. Let simmer about 10 minutes. In a small bowl whisk together remaining 1 Tbsp of wine with cornstarch. Add into the pot and stir. Let cook for another 5 minutes, continuously stirring as the added cornstarch will thicken the sauce. If you like heat this would be the time to add in any heat sources you may like. Season with salt and pepper and taste. Adjust with honey, salt or pepper or heat. With this recipe you can swap out the orange for blueberries, pineapple even grapes red or white to make a delicious agrodolce sauce. It's perfect for summer weather but also very easy and only a few ingredients! Now to finish the salmon return salmon to pan, spoon sauce over salmon. Garnish with a wedge of orange and serve with either grilled veggies or your favorite rice or pasta. I like it all by itself and maybe some bread to sop up the sauce. Enjoy...