

CHEF SARA RHODES

PAN SEARED SALMON WITH BLACKBERRY BALSAMIC SAUCE

(4) 5 to 6 oz., Salmon fillets
Salt and pepper
2 tsp. minced shallots
2 tsp. finely chopped fresh rosemary
1 cup fresh blackberries
1 ½ cups chicken stock
2 tsp. sugar
½ cup Blackberry Balsamic Vinegar
Slurry to thicken
1 Tbsp. butter, to finish



Make the slurry by mixing 1 Tbsp. of water to 1 Tbsp. cornstarch. Whisk to blend and set aside.

Heat a sauté pan on medium high heat. Add about 1 ½ Tbsp. olive oil. Season the salmon with salt and pepper. When the oil is hot, add the salmon fillets, flesh side down and salt the skin side. Sear salmon about 5 to 6 minutes. Turn the fillets over and sear another 3 to 4 minutes, depending on how done you want the Salmon. Remove the salmon from the pan and keep warm.

Turn down the heat slightly and add the shallots and rosemary. Sauté till fragrant. Add the stock, vinegar and sugar and bring to a hard simmer. Reduce by half. Re-whisk the slurry and add to the simmering sauce. When it thickens add the blackberries and butter. Stir until the butter melts and the blackberries are just warmed through.

Plate the salmon and spoon sauce over top.