

Idiot's Kitchen Recipe – Baked Salmon with Blueberries

Recipe from www.idiotskitchen.com - Adapted from The New York Times



Ingredients:

1½ pounds fresh, seasonal wild salmon (sockeye, king, copper river, etc.)
1 shallot, peeled & thinly sliced
¾ cup dry white wine
1 Tablespoon white wine vinegar
2 sprigs fresh thyme (or a tiny pinch of dried)
1 cinnamon stick
2 Tablespoons butter
1 Tablespoon honey
¾ cup fresh blueberries
Salt & Pepper

Preheat the oven to 400 degrees.

Line a large baking sheet with foil and spray or grease it so the fish does not stick. Place the salmon fillet on the pan and season lightly with salt & pepper.

In a medium saucepan, combine 1 thinly sliced shallot with ¾ cup dry white wine, 1 Tablespoons white wine vinegar, 2 sprigs of fresh thyme, and 1 cinnamon stick. Bring to a simmer over medium heat and cook until almost all of the liquid has evaporated.

When most of the liquid around the shallots is gone, add 2 Tablespoons butter, 1 Tablespoon honey, and ¾ cup fresh blueberries. Continue to cook until the berries are soft and the sauce has turned light pink, about 4-5 minutes.

Spoon the berries and sauce over the salmon. Discard the thyme and cinnamon stick. Bake at 400° for 10 minutes or until the salmon flakes easily with a fork.

Cut into individual portions and remove any skin by sliding a thin spatula between the flesh of the fish & the skin.

Serves 3.