

Salmon with Red-Wine Sauce (for 4)

Choose a full-bodied red wine & you'll be rewarded with a richly colored, flavorful sauce

Recipe Cookbook: Food and Wine Quick from Scratch

Chapter: Fish & Shellfish

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Prep Time: 10 minutes

Cooking Time: 15 minutes

INGREDIENTS:

1 TBS cooking oil
4 salmon steaks, about 1" thick (about 2 pounds in all)
Salt
Fresh ground black pepper
1/2 C dry red wine
2 scallions, bulbs & green tops chopped separately
3 TBS butter, cut into pieces

DIRECTIONS:

Heat oven to 450° F. Put oil in small stainless steel, enameled, or non-stick roasting pan & heat 5 minutes in oven. Season fish with 1/2 tsp salt & 1/4 tsp pepper. Put fish in the hot pan; cook in oven till just done (about 8 minutes).

Remove fish from pan & transfer to paper towels to drain. Pour off any oil remaining in pan. Put pan over moderate heat & add wine + chopped scallion bulbs. Bring to boil, scraping bottom of pan to dislodge any brown bits. Cook till the wine is reduced to approximately 3 TBS (1 to 2 minutes).

Reduce heat to low & whisk in butter. Season sauce with pinch each of salt & pepper. Put fish on plates, browned-side up.

Sprinkle scallion greens over top. Spoon sauce around fish.