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HERB RUBBED SALMON WITH RED WINE HONEY REDUCTION

Salmon

- 4 (6-8oz.) pieces fresh salmon fillet
- ½ cup chopped fresh herbs (rosemary, parsley, thyme, tarragon, sage, dill...whatever herbs you have will work.)
- ¼ cup olive oil
- 1 tbsp. salt
- 1 tbsp. pepper

In a small bowl, mix the herbs with the oil, salt and pepper. Brush the herb rub over the salmon pieces, pressing gently. Wrap and refrigerate for at least 45 minutes.

Red Wine Honey Reduction

- 2 cups good red wine
- 1 cup liquid honey
- 1 small sprig rosemary
- 1 small sprig thyme
- 1 bay leaf
- 1 6"x6" piece cheese cloth

Wrap the herbs in the cheese cloth and tie it up in a little bundle.

Combine all ingredients in a small heavy bottomed sauce pan and bring to a boil. Reduce heat to a low simmer, and simmer for 30 minutes. Remove the herb bundle, and continue to simmer for approx. 1 hr more. You need to keep an eye on the reduction and check now and then. It's done when it has reduced by at least half, and is thick enough to coat the back of a spoon.

Oven Method

Pre-heat your oven to 450 F.

Heat up 1-2 tbsp. vegetable oil on high heat in a frying pan. Sear the salmon pieces, herb side down for 1 minute each. Transfer to a parchment lined baking sheet. Bake in the oven for 8-12 minutes (depending on thickness of the pieces), until the salmon is just cooked through. Serve topped with a generous drizzle of the red wine reduction.

