



Roasted Salmon with Pinot Sauce

Adapted from Mark Bittman

- 1/2 cup sugar
- 2 cups pinot noir
- 1 sprig rosemary
- 4 salmon steaks or filets
- 1 tablespoon balsamic vinegar
- 1 tablespoon butter

Heat the oven to 450 degrees. While the oven heats, cook the sugar in a nonstick saucepan over medium heat until it liquefies and starts to develop a brown color, approximately 10 minutes. Remove the saucepan from the heat and carefully add the wine. Return the saucepan to a high heat and cook until the caramelized sugar melts, stirring carefully. Add the rosemary and continue to cook over high heat until the sauce reduces down to about 1/2 to 3/4 cup and becomes syrupy, about 15 minutes.

Ten minutes before you're ready to cook the fish, place a stainless steel frying pan with about 1 tablespoon olive oil in the oven to heat. Take out the salmon, dry it with paper towels, and season with kosher salt.

Carefully remove the HOT frying pan from the oven and place the salmon in the pan (skin side down if using skin on filets). Return the pan to the oven and cook for 5 to 10 minutes or until the fish easily flakes with a fork.

While the fish is in the oven, finish the sauce by adding the balsamic vinegar and butter to the saucepan. Cook over low heat until the butter melts. Remove the rosemary sprig, taste for seasoning, and add salt as necessary.

Spoon the sauce over the fish and serve. Leftover sauce can be kept in the refrigerator.

roasted salmon with pinot sauce was posted by wendi on 19 september 2011 at bonappetithon.com