



IRON SKILLET SEARED SALMON

SERVINGS: 4 | PREP TIME: 15 MINS | COOK TIME: 15 MINS

INSTRUCTIONS:

SEARED SALMON

1. Preheat oven to 450 degrees (425 degrees with convection)
2. Cut Salmon filets to 2"-3"
3. Melt butter over medium high heat in an iron skillet and place fish in the skillet with skin side down into the iron skillet. Let the fish sear for about 1 minute.
4. Carefully flip and while the skin side sears for an additional minute, add your salt, pepper, Oregano, and Thyme.
5. Transfer to preheated convection oven, bake for approximately 7 minutes or until fish is thoroughly cooked and flaking with a fork.

CREAMY LEEK SAUCE

1. Cut leeks into ½" slices. Rinse and drain thoroughly.
2. Melt butter in saucepan over medium low heat. Add leeks. Increase heat to medium and sauté for about 2 minutes.
3. Add Lemon Juice and Chicken broth and simmer until leeks are tender. About 5 minutes.
4. Add whipping cream, chives, and thyme and simmer an addition 1-2 minutes.
5. Salt and Pepper to taste.
6. Transfer mixture to Frigidaire Professional Blender, and pulse until smooth
7. Serve on side of Salmon for easy dipping

CRANK UP YOUR COOKING TIP:

Convection ovens require a lower temperature, for this recipe cook at 425 if using a convection oven.

INGREDIENTS:

Iron Skillet
Seared Salmon
2 TBSP. Unsalted Butter
Salt & Pepper to taste
1 TBSP. Fresh Oregano
1 TBSP. Fresh Thyme

LEEK SAUCE

4 TBSP. Butter
3 Leeks (white and light green parts) sliced
1/3 cup fresh lemon juice
1/4 cup heavy whipping cream
1/4 cup chicken broth
Fresh Chives
Fresh Thyme
Salt and Pepper to Taste