

RED BICYCLETTE

Roasted Salmon with Citron (Lemon) Fennel Sauce

For the sauce:

1T Fennel seeds
1 Shallot, peeled and minced
1/2 c Lemon juice
1/2 t Salt
3 T Olive oil

For the salmon:

2 Salmon steaks, 1 1/2 inches thick
3 T Olive oil
Salt and pepper

Directions

For the sauce:

Place fennel seeds in a dry small skillet over medium-high heat until the seeds start to smoke and turn brown. Turn off heat and swirl seeds in the still warm skillet for 1 minute. Put seeds on a small plate to cool. In a small bowl, mix together shallot, fennel seeds, lemon juice and salt. Whisk oil into bowl slowly until gone. Let the mixture stand for at least 15 minutes.

For the salmon:

Preheat oven to 475 degrees. Brush the salmon steaks with oil and sprinkle with salt and pepper. Place them in a shallow glass baking dish. Put the steaks in the oven. Roast for 10 minutes. Turn the steaks over and continue roasting for 5 more minutes. Remove from oven, cover dish with foil, and let stand for 10 minutes. Arrange each piece of salmon on a plate, and then drizzle generously with fennel dressing.

Serves 2

Delicious, when paired with Red Bicyclette® Pinot Noir