



Roasted Salmon with Red Wine Sauce

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Seafood

Prep Time: 35 minutes **Cook Time:** 45 minutes **Difficulty:** Medium **Servings:** 4 **Source:** From the Recipe Collection of Ian and Steph Smith

INGREDIENTS

Preparation:

- 1 tablespoon minced ginger
- 3 shallots
- 2 cloves garlic
- 1 plum tomato (may use canned equivalent)
- Green onion or chives for garnish
- 4 x 6 oz. salmon fillets, skin removed (see notes)
- 1¼ pounds baking potatoes

Salmon:

- salmon fillets
- 2 tablespoons melted butter
- Kosher salt
- Freshly ground pepper
- minced ginger

Red Wine Sauce:

- 4 ounces unsalted butter
- shallots
- garlic
- tomatoes
- 2 cups Pinot noir
- 1 tablespoon Balsamic vinegar
- 1 tablespoon good-quality Barbeque sauce

Mashed potatoes:

- potatoes
- ¼ cup whipping cream
- nutmeg to taste
- white pepper to taste

DESCRIPTION

This recipe is based on one published on the internet [here](#).

DIRECTIONS

Preparation:

- Finely mince the ginger.
- Mince the shallots and garlic together.
- Seed and chop the tomatoes (or if using canned, see note below.)
- Mince the green onion and set it aside.
- Remove the salmon skin if you wish.
- Peel the potatoes, cut them in chunks, and put them in a pot with enough salted water to cover them.
- Pre-heat the oven to 500°F.

Salmon:

Brush the salmon fillets on both sides with half of the melted butter, then sprinkle with the salt, pepper, and ginger, gently pressing the seasonings into the fillets. Brush olive oil over the bottom of a baking dish large enough to hold the fillets and place fillets in the dish. Drizzle with the remaining melted butter, cover the dish with plastic wrap, and refrigerate.

About 10 minutes after the potatoes have started boiling, roast the salmon until it is cooked through but still moist and slightly pink in the center, about 10 minutes (maybe less for thin pieces).

Red wine sauce:

Heat half of the butter in a saucepan over medium heat until foamy. Sauté the shallots and garlic for about 1 minute and then stir in the tomatoes and cook for 2 more minutes. Raise the heat and stir in the wine. Heat to a boil and then reduce the heat to a brisk simmer. Continue cooking until the sauce has reduced to about a quarter of its original volume (about half a cup for the full recipe), about 15 minutes. Stir in the vinegar and barbecue sauce. Strain the sauce through a fine mesh sieve, pressing down on the vegetables. Then, over a low heat, whisk in the remaining butter (cut in small pieces) a little at a time. Season to taste, cover, and keep warm.

Mashed potatoes:

Boil the potatoes until they are tender, about 15 minutes. While they are cooking, warm the cream in the microwave. Drain the potatoes and press them through a ricer back into the potato saucepan. Mix in the cream and stir until thoroughly blended. Season with white pepper and nutmeg and then cover to keep warm until serving time.

Serving:

Mound the potatoes in the centers of the heated serving plates. Place a roasted salmon fillet on top of the potatoes and then spoon the sauce over it and around the potatoes. Garnish with the green onions.

NOTES

If using canned tomatoes, I like to drain them and cook them down in a small pan before using them. Then add back a little of the juice. This gets rid of the raw taste of the tomatoes.

I left the salmon skin on and only put butter and ginger on the top side of the salmon, using half the amount. The skin comes off easily after the salmon is cooked.