Seared Salmon with Wine, Butter & Garlic

SERVES 4 PREP TIME 15 Min COOK TIME 5 Min

Ingredients

4 boneless, skinless salmon fillets
Salt and black pepper to taste
2 tablespoons olive oil
4 tablespoons unsalted butter
4 cloves garlic, minced
1/2 cup dry white wine
2 tablespoons chopped fresh parsley (for garnish)

Directions

First Step: Skin the Salmon and use tweesers to pull out all of the pin bones.

Season and Cook the Salmon:

Pat the boneless, skinless salmon fillets dry with paper towels.
Season both sides with salt and black pepper.
Heat the Olive Oil:
In a large skillet, heat the olive oil over medium-high heat.
Sear the Salmon:
Place the salmon fillets in the hot skillet.
Sear for about 3-4 minutes on each side or until golden brown and cooked to your liking.
Remove the salmon from the skillet and set aside.
Prepare the Sauce:
In the same skillet, add 2 tablespoons of butter.
Add the minced garlic and sauté for 1-2 minutes until fragrant.
Deglaze with Wine:
Pour in the dry white wine, scraping the bottom of the skillet to deglaze and incorporate any flavorful bits.
Baste the Salmon:
Return the seared salmon fillets to the skillet.
Spoon the garlic-wine mixture over the salmon to baste it.
Finish with Butter:
Add the remaining 2 tablespoons of butter to the skillet.
Continue basting the salmon with the buttery sauce until the salmon is fully coated and the butter is melted.
Garnish and Serve:
Sprinkle chopped fresh parsley over the salmon for a burst of freshness and color.
Serve the seared salmon hot, drizzling the remaining sauce over each fillet.