



## Apple Cider Salmon

Recipe By MARC and ANGELA RYAN

SERVES: 4

### INGREDIENTS:

- |                            |                                         |                              |                                                |
|----------------------------|-----------------------------------------|------------------------------|------------------------------------------------|
| <input type="checkbox"/> 4 | 6 oz. fresh salmon filets, skin removed | <input type="checkbox"/> 1   | tblsp. whole-grain mustard                     |
| <input type="checkbox"/> 1 | cup apple cider                         | <input type="checkbox"/> 1   | tblsp. chopped fresh tarragon                  |
| <input type="checkbox"/> 3 | tblsp. Laura Lynn honey                 | <input type="checkbox"/> 1   | tblsp. chopped fresh chives                    |
| <input type="checkbox"/> 2 | tsp. minced shallots                    | <input type="checkbox"/> 1/2 | small jalapeno, thinly sliced                  |
| <input type="checkbox"/> 1 | tblsp. Laura Lynn avocado oil           | <input type="checkbox"/> 1/4 | cup crème fraiche                              |
| <input type="checkbox"/> 1 | tsp. finely grated lemon zest           | <input type="checkbox"/>     | kosher salt and cracked black pepper, to taste |

### DIRECTIONS:

- ☐ 1. Preheat the oven to 350°F.
- ☐ 2. Sprinkle salt and pepper, to taste, on both sides of each salmon.
- ☐ 3. In a skillet, heat the butter and avocado oil over medium heat until melted and shimmering.
- ☐ 4. Place the salmon in the skillet. Cook until lightly brown.
- ☐ 5. Add the apple cider and shallots to the skillet, then flip the salmon to brown the other side.
- ☐ 6. After each side is lightly golden brown, remove the salmon and set it on top of a wire rack positioned on a baking sheet. Place in the oven and let cook for 10 minutes.
- ☐ 7. Keep simmering the apple cider and shallots in the skillet, whisking often until the sauce reduces slightly.
- ☐ 8. Add honey and mustard and continue whisking until the sauce reduces further.
- ☐ 9. Finish the sauce by adding the crème fraiche. Whisk until thick and glossy.
- ☐ 10. Remove the salmon from the oven and place the desired amount of sauce over the salmon. Garnish with chives, tarragon, and jalapenos to taste.

*Add more honey than requested in the recipe to make your sauce even thicker.*

## Did you make this recipe?

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