

Seasonal Eating
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Piccata Salmon
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Salmon is one of my favorite fish to eat. I often order it when eating out, but it is so simple to make at home. When I was in high school my Dad and I would go up to Michigan and fish for salmon from a little aluminum fishing boat in Lake Michigan. We would pack some sandwiches and go out early in the morning. There were downriggers on each side of the boat that had heavy weights that take the line from your fishing pole deep into the water. We would slowly troll along until one of the lines snapped from the downrigger and you had a salmon on to work in to the boat. What fun and good eating that night as well.



I have two ways that I like to prepare salmon, one is to make salmon patties, but when I have fillets, I bake them and then use some type of sauce over the top. Baking salmon is simple. Pat the fillets dry, season the flesh and place skin side down on a baking sheet. I usually line the pan with foil or parchment paper for ease of cleanup. Then bake at 375 degrees for about 10 minutes. Fish should just become opaque and flake apart when prodded with a fork when it is done. Be careful not to overcook or it will become dry and flavorless. The general rule for baking fish is 10 minutes per inch of thickness of the fillet. Start checking a few minutes before you think it is done. It will also continue to cook with the carryover heat after you remove it from the oven.

While you can serve your salmon with just a wedge of lemon or some tartar sauce, my favorite type of sauce is a Piccata. Chicken or veal are usually used for Piccata where thin pieces are dredged in flour, sautéed and then served with a sauce of lemon, butter and capers. I have developed several variations of this sauce with the beautiful, bright flavor of lemon contrasted with the salty capers and in this variation some white wine, chicken broth and green onions. It is a perfect complement to the fish and makes a beautiful dish equally appropriate for a company dinner or a weeknight family dinner.

Salmon fillets are easy to find either frozen or fresh at the grocery store. So give it a try and enjoy a wonderful spring dinner with a bright lemon sauce.

Visit the Bedford County Extension website for more recipes and information about seasonal eating (bedford.tennessee.edu).

Salmon Piccata

2 (6-ounce) fillets salmon
kosher salt and black pepper
2 tablespoons butter, divided
2 green onions, finely chopped
2 tablespoons white wine
1 teaspoon flour
1/2 cup chicken broth
1/3 cup fresh lemon juice
2 tablespoons drained capers
1 tablespoon chopped, fresh flat leaf parsley

Line a baking sheet with foil. Pat the salmon fillets dry and place skin side down on foil. Sprinkle with a little salt and pepper. Bake at 375 degrees about 10 minutes or just until flesh flakes with a fork. Meanwhile, in a medium skillet, melt 1 tablespoon of the butter and sauté green onion onions until tender. Add wine and cook until almost evaporated. Sprinkle in the flour and cook for a minute. Add the chicken broth, lemon juice and capers. Whisk until smooth and bring to a boil, cooking until slightly thickened, if too thick add just a little more chicken broth. Add the remaining tablespoon of butter and whisk until melted. Stir in parsley and serve over salmon fillets.