

# Seared Salmon with Asparagus, Peas & Fresh Herbs

*From the blog For Love of the Table*

4 filets skinned salmon (4 to 6 oz. each)

Salt & Pepper

olive oil

3/4 lb. asparagus, trimmed & cut into 1-inch lengths on a sharp diagonal

1 c. peas (thawed, if using frozen)

1/2 c. water or stock

4 T. unsalted butter, cut into cubes

2 to 3 T. minced chives or parsley...or a combination of chives, parsley and tarragon

Heat a sauté pan (large enough to comfortably hold all of the fish and one with a tight fitting lid) over medium-high heat. While the pan is heating, season the fish on both sides with salt & pepper. Add a thin film of oil to the pan. When the oil is very hot, add the fish, skinned side up. Cook until nicely browned—about 2 to 3 minutes, regulating the heat as necessary to prevent smoking but at the same time, maintaining an active sizzle. Turn and cook the fish, until barely opaque in the center—another 3 minutes or so (reducing the heat further, if necessary). Remove the fish from the pan and keep warm.

Pour off the oil from the pan and let the pan cool briefly. Add the asparagus and peas to the pan along with the water and a generous pinch of salt. Cover the pan and cook the vegetables at a rapid simmer until just tender—2 to 5 minutes, depending on the age of the vegetables. Increase the heat to high, remove the lid and add the butter and the herbs. (If the liquid appears to have reduced significantly while the vegetables cooked, add some more water to the pan. But be careful, the total volume of liquid in the pan before adding the butter should only be slightly more than 1/4 cup.) Boil, shaking the pan to bind the ingredients together, until the buttery sauce thickens and becomes foamy—20 to 30 seconds. Remove from the heat.

Transfer the fish to individual serving plates and divide the vegetables over all along with their buttery sauce. Serve immediately.

*Note:* The timing of the cooking of the fish in this recipe assumes a thin (1/2-inch thick) filet of salmon. If you have a thicker filet, it will take longer to cook (a good rule of thumb is 10 minutes per inch of thickness)—you may finish it on the stove over a lower heat, or transfer the fish to a 375° to 400° oven to finish (either in the sauté pan, if it is oven-proof...or in a small baking dish of some kind).

(Recipe inspired by "Asparagus Stew" in [Jacques Pépin's Complete Techniques](#))

<http://www.forloveofthetable.com/2014/03/longing-for-springsalmon-with-asparagus.html>

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