



Salmon-with Anchovy-Garlic Butter

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Fish & Seafood, VIMS 2019

Prep Time: 15 min **Cook Time:** 25 min **Difficulty:** Easy **Servings:** 16 servings **Source:** Cooking.nytimes.com

INGREDIENTS

12 tablespoons unsalted butter, softened
16 anchovy fillets, minced
4 fat garlic clove, minced (or 2 small ones)
2 teaspoons coarse kosher salt
Freshly ground black pepper
16 (6- to 8-ounce) skin-on salmon fillets
8 tablespoons drained capers, patted dry
2 lemon
Fresh chopped parsley, for serving

NUTRITION

915 calories; 62 grams fat; 17 grams saturated fat; 0 grams trans fat; 17 grams monounsaturated fat; 15 grams polyunsaturated fat; 1 gram carbohydrates; 0 grams dietary fiber; 0 grams sugars; 82 grams protein; 244 milligrams cholesterol; 721 milligrams sodium

DIRECTIONS

1. Heat oven to 400 degrees. In a small bowl, mash together butter, anchovies, garlic, salt and pepper.
2. In a large ovenproof skillet, melt about half the anchovy butter. Add fish, skin side down. Cook for 3 minutes over high heat to brown the skin, spooning some pan drippings over the top of the fish as it cooks. Add capers to bottom of pan and transfer to oven. Roast until fish is just cooked through, 8 to 10 minutes.
3. Remove pan from oven and add remaining anchovy butter to pan to melt. Place salmon on plates and spoon buttery pan sauce over the top. Squeeze the lemon half over the salmon and garnish with chopped parsley. Serve.