

## Salmon Piccata

### Ingredients

- 4 (¼ to ½ pound) center-cut, skinless salmon fillets, about 1½ inches thick
- 1 tsp table salt, divided
- 1 tsp pepper, divided
- 1 Tbsp extra-virgin olive oil
- 3 garlic cloves, sliced thin
- 2 tsp all-purpose flour
- ½ cup dry white wine
- ¼ cup water
- 2 Tbsp capers, rinsed
- 1 tsp grated lemon zest, plus 1 Tbsp juice
- 4 Tbsp unsalted butter, cut into 4 pieces
- 3 Tbsp chopped fresh dill



### Preparation

1. Pat salmon dry with paper towels and sprinkle with ½ teaspoon salt and ½ teaspoon pepper
2. Heat oil in 12 inch nonstick skillet over medium-high heat until just smoking
3. Add salmon, flesh side down, to the pan
4. Cover and cook until browned on bottom and registering 125° (for medium-rare), about 5 minutes, or 135° (for medium), about 7 minutes
5. Remove skillet from heat and transfer salmon, browned side up, to platter or individual plates
6. Return skillet to medium heat
7. Add garlic and cook until fragrant, about 30 seconds
8. Stir in flour and cook for 15 seconds
9. Whisk in wine, water, capers, lemon zest and juice, remaining ½ teaspoon salt, and remaining ½ teaspoon pepper
10. Bring to boil and cook, about 30 seconds, until slightly thickened
11. Off heat, whisk in butter, 1 piece at a time, until combined
12. Stir in dill
13. Spoon sauce over salmon
14. Serve