

Salmon with Agrodolce Blueberries

Melissa Clark - New York Times News Service
Palm Beach Post

Servings: 6

Start to Finish Time: 45 minutes

6 fillets (eight-ounce ea) wild king salmon
sea salt (as needed)
vegetable oil for a baking sheet
2 shallots, peeled and very thinly sliced
1 1/2 cups white wine
2 tablespoons white wine vinegar
4 sprigs fresh thyme
2 cinnamon sticks, broken in half
1 1/3 cups blueberries
4 tablespoons unsalted butter
2 tablespoons honey
black pepper

Preheat the oven to 400 degrees.

Run your fingers over the salmon flesh and pull out any pin bones.

Season the fish generously with salt and let rest at room temperature while you prepare the sauce.

Oil a large baking sheet.

In a medium saucepan over low heat, simmer together the shallots, wine, vinegar, thyme, cinnamon and a pinch of salt until most of the liquid has evaporated, 15 to 20 minutes.

Toss in the blueberries, butter and honey. Cook until the berries soften and turn the sauce pink, 2 to 4 minutes. Remove the thyme sprigs.

Place the salmon on a baking sheet. Spoon the berry mixture over the salmon and season with pepper.

Bake until the salmon is cooked to the desired doneness, 8 to 10 minutes for medium-rare.

Per Serving (excluding unknown items): 163 Calories; 8g Fat (52.7% calories from fat); 1g Protein; 15g Carbohydrate; 3g Dietary Fiber; 21mg Cholesterol; 8mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.