

Blackberry Salmon

Recipe by Oded Shakked

Ingredients

Fresh Salmon Fillet
Sea Salt and Fresh black pepper
Sesame oil
Soy Sauce
Fresh crushed Blackberries
(or Blackberry jam)

Preparation

First: Take a day off and go fishing or, at least take a book and spend an hour lounging out in nature. On the way home, grab some fresh salmon fillets, we get great wild Sockeye Salmon around here but if you can only get the farm-raised variety it's OK too. Don't forget to invite someone over for dinner!

Other ingredients: Salt, Freshly ground black pepper, 3/4 cup fresh blackberries (or thawed frozen ones),

Arrange the fillet (skin side down) in a foil-lined pan. Season with salt and pepper and place in a 350 degree oven (I put it in the top) for about 10 to 15 minutes. I take mine out when the middle is still almost raw. While the fish is cooking, mix blackberries, soy and sesame oil together. I have used blackberry jam when I had no access to blackberries, with great results! Take the salmon out, brush on the sauce liberally and stick under broiler for not more than a minute, just to get it seared.

Serve immediately, I like it on a bed of couscous.

To me, Pinot Noir always tastes better in the spring, don't ask me why, I have no clue. This time of year I can find great fresh local Salmon, so here is my favorite way to prepare it to go alongside our "Mystos" Russian River Valley Pinot Noir.



LONGBOARD
Vineyards