

Akaroa Salmon Meunière

This is the simple pan frying cooking of salmon and finishing with lemon juice and parsley, simple but always good.

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4 salmon fillets 150gms each
15gms butter plus another 15gms
10 ml olive oil
A good handful of freshly picked parsley
Juice of one lemon
Flour and seasoning

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Cut the salmon fillets into four pieces, Chop the parsley well, place a frying pan onto heat, season and dredge the fillets in flour, Pan fry in the butter and oil, presentation side down, turn and continue to cook, It should take around 5 minutes on each side, Take out of pan and keep warm in oven.

Discard the cooking oils,

Place the pan back on the heat, Place the salmon fillets onto four plates

Put the second piece of butter into the reheated pan, when it starts to foam, throw in the parsley and the lemon juice. Swirl around to mix well and pour over the fillets.

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Serve with some fresh asparagus, new potatoes and fresh salads

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