

Pan Seared Atlantic Salmon Medallions with Pearl Onions and Oranges

By: Chef Steve Watson

Ingredients:

6 x 5-ounce skinless Atlantic salmon fillets
1 large Sliced orange
1 cup Peeled pearl onions
1 1/2 tbsps. Olive oil
1 1/2 tbsps. chopped fresh dill
1/2 cup Orange juice
1 1/2 tbsp. Fresh lemon juice
Additional unpeeled orange slices for garnish



*Photo Courtesy of Karl Wells,
One Chef One Critic*

Directions:

Preheat the skillet. Sauté the pearl onions in olive oil until golden brown and remove from pan. Mix orange juice and lemon juice and fresh dill in a bowl. Season the portioned salmon with salt and pepper and pan sear on one side for 4 minutes and turn. Add sautéed pearl onions, peeled orange slices, mixed orange juice, lemon juice, and dill and cook until opaque in the middle. Transfer Atlantic salmon to the platter and pour the orange sauce over the top. Garnish with additional orange slices.