

# PALMINA



## Herb-Crusted, Pan-Seared Salmon with Braised Fennel

serves six

2 pounds salmon fillet  
½ cup plus 1 tablespoon Extra Virgin Olive Oil  
2 pounds fennel bulbs, thinly sliced, reserve some fronds as decoration  
1 tablespoon butter  
3 tablespoons fresh thyme, chopped  
3 tablespoons fresh tarragon, chopped  
1 tablespoon fennel seeds  
1 tablespoon sea salt

1. Remove any bones from the salmon. If you have a pan large enough to hold the salmon, leave it as one piece; otherwise, cut the fillet to fit.

2. Toast the fennel seeds in a small pan. Combine with the thyme, tarragon, salt and one tablespoon of oil a mortar and grind together with the pestle, creating a herbed oil paste.

3. Heat the remaining olive oil in a large skillet until it shimmers. Place the salmon into the oil and cook until it starts to brown - about 5 minutes. Turn the heat down then carefully turn the salmon over. Smear the herb mix on the cooked surface and continue to cook the salmon until it is just cooked through - about ten minutes.

4. Melt the butter in another frying pan and add the sliced fennel, stirring and cooking until it softens. Place on a serving dish, then place the salmon on top. Decorate with fennel fronds.

