



## Salmon in a Caper Cream Sauce

Recipe By SWEET MEMORIES

SERVES: 4

### INGREDIENTS:

- |                            |                              |                            |                                |
|----------------------------|------------------------------|----------------------------|--------------------------------|
| <input type="checkbox"/> 2 | pieces salmon                | <input type="checkbox"/> 1 | tblsp. garlic powder           |
| <input type="checkbox"/> 2 | tblsp. vegetable oil         | <input type="checkbox"/> 2 | tblsp. capers                  |
| <input type="checkbox"/> 3 | tblsp. butter                | <input type="checkbox"/> 1 | tblsp. parsley, <i>chopped</i> |
| <input type="checkbox"/> 5 | garlic cloves, <i>minced</i> | <input type="checkbox"/> ½ | cup flour                      |
| <input type="checkbox"/> 4 | tblsp. heavy cream           | <input type="checkbox"/> 1 | lemon                          |
| <input type="checkbox"/> 2 | tblsp. white wine            | <input type="checkbox"/>   | pinch pepper and sea salt      |

### DIRECTIONS:

- ☐ 1. Heat oil in a skillet on medium heat.
- ☐ 2. Flour the skin side of the salmon. Shake off the flour and place in the skillet skin side down when the oil is hot. When you can see the salmon cooked ½ way up the side turn and cook on other side. Remove to a plate and squeeze lemon over the top.
- ☐ 3. In the same pan, heat butter and sauté garlic until fragrant then add capers, garlic powder, and wine and reduce. Stir in heavy cream. Taste then add salt and pepper and parsley.
- ☐ 4. Return the salmon to the pan with the sauce, heat for 3-4 minutes.

**Did you make this recipe?**

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