



Pickle Brined Salmon

INGREDIENTS

Fish: Four 4oz salmon filets; skin on 1 cup dill pickle brine (plus 4 tablespoons for sauce)
olive oil, salt and pepper

Brown Butter Pickle Sauce: $\frac{3}{4}$ cup dill pickles; diced $\frac{1}{4}$ cup red onion or shallots; diced
 $\frac{1}{4}$ cup butter; cubed 4 tablespoons dill pickle brine

Garnish (optional): fresh parsley or dill; chopped

DIRECTIONS

Fish: Preheat oven to 500°F. With a sharp knife, make 3 to 4 shallow slashes into the salmon skin, trying not to cut into the flesh. Pour pickle brine into a dish large enough submerge the salmon filets. Place salmon, skin side up, into the brine. Refrigerate for 30 minutes. When the salmon is almost done marinating move oven rack to the lowest position. Line a baking sheet with foil and place on the bottom rack. Remove filets from brine and pat dry. Drizzle filets with olive oil and sprinkle with salt and pepper on both sides. Turn the oven down to 275, remove tray and place salmon on tray skin side down. Return to the oven and bake for 8-10 minutes or until the internal temperature reaches 145°F or the fish flakes easily with a fork in the thickest part of the flesh.

Brown Butter Dill Pickle Sauce: Melt the butter in a stainless-steel pan over medium-low heat. Add the red onion and sauté until the onion is soft and butter has started to brown - about 5 minutes. Remove from heat and add the 4 tablespoons of pickle brine and chopped dill pickles. Serve warm on top of salmon. Makes 4 servings. 275calories per serving.