

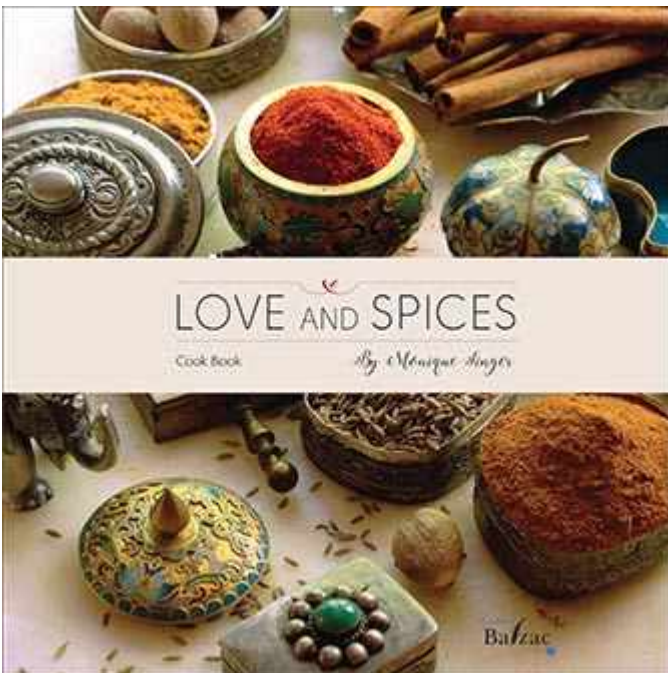


Love and Spices: Seared Salmon with a Grapefruit Reduction

Description

Delightful on a summer day served with chilled white wine

Recipe by **Monique Singer**



Westmount Magazine is proud to offer its readers sample recipes from [Love and Spices](#), a beautifully illustrated cookbook by **Monique Singer**. With this new series, you will discover some unique recipes dedicated to cooking with spices, from hors d'œuvres to desserts.

Monique Singer knows how to make people talk, sing and dance spices! From her earliest childhood, alongside her grandmother and sisters, she learned how to create a delicious and original cuisine with her senses, her hands and all her love.

From her family's table to the jet-set parties she has catered in New York, Los Angeles, Venezuela, Spain, Haiti,



and Asia, regardless of the set-up, function, atmosphere or style, Monique's food has left its imprint on people's taste buds. Enjoy!

Seared Salmon with a Grapefruit Reduction

Preparation time: 40 min | Cooking time for fish: 15 min | Cooking time for skin: 30 min | Preheat oven to 400°F/200°C | Yields: 2 servings

- 2 thick salmon filets
- 1 grapefruit, juiced
- 1 grapefruit, in segments
- 1 tbsp fresh thyme, chopped
- 1/4 cup / 60 ml white wine
- 3 tbsp olive oil
- 1 orange, zest
- 1 tsp salt
- 1 tsp freshly ground white pepper
- A pinch of cayenne
- A pinch of nutmeg

CRISPY SKIN

- 2 pieces of salmon skin for crisping

Wash well and remove all scales, pat dry.
Layout one large piece of foil, large enough to cover the skins.
Place one large piece of parchment paper over the foil.
Place the skins side by side on the parchment paper, leaving some space in between.
Sprinkle a pinch of salt, pepper and nutmeg over the skins.
Then drizzle with 1/4 teaspoon olive oil.
Fold the parchment paper and foil over the skins to cover.
Crisp in the oven for 30 minutes.
Remove the skins from the parchment paper and set aside.

SAUCE

In a saucepan, mix the grapefruit juice, orange zest, thyme, wine, salt, pepper and 1 teaspoon oil.
Simmer until reduced and set aside.

FISH

Marinate the fish in the reduced sauce for about 30 minutes.
Meanwhile, in a frying pan, heat 1 tablespoon oil, remove the fish from marinade.
Sear for about 2 to 3 minutes on each side until golden.
Pour the reduced sauce back over the fish.
Roast in the oven for another 10 minutes then remove from oven.
Garnish with grapefruit segments and top with crispy skin.



GRAPEFRUIT SEGMENTS

Using a sharp serrated knife, cut around the grapefruit, instead of plunging the knife. Place it at a right angle with the point toward the centre. Cut the fruit at the place where the pulp and the rind meet. Using a gentle sawing motion, make your way around the fruit. Carefully slice on either side of each membrane separating the segment.

It is best to use medium-thick fish filets.

If you use frozen fish, make sure to thaw completely, rinse and pat dry before cooking.

Images: Anne Fillion

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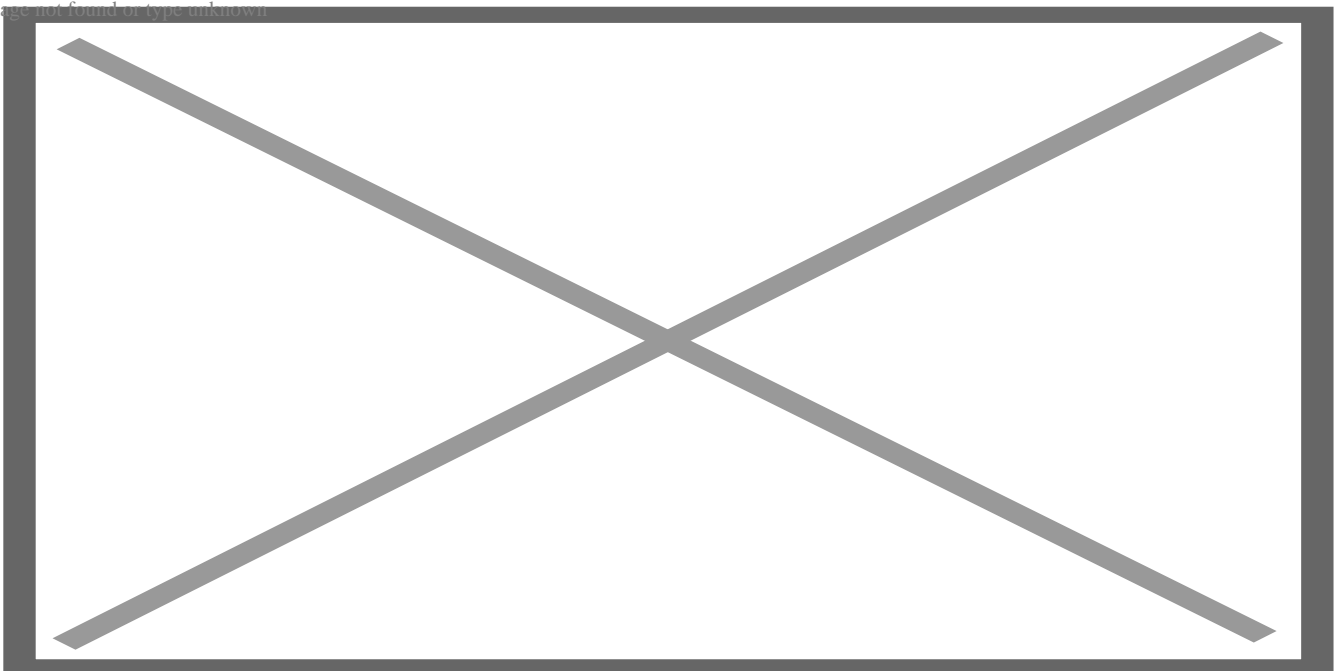
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Monique Singer is a cultural creator now based in Montreal, usually found travelling the world, experiencing other cultures and sharing what she finds most interesting. At the top of her food passion is her attraction for spices, their benefits and the distinctive flavour they bring to all dishes. [LinkedIn](#)

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