



## Orange Rosemary Salmon

By Chef Veera Gaul, Ph.D.



### Ingredients

1-2 tablespoons O&V [Rosemary Oil](#) \*  
4 x 6oz salmon fillets  
4 cloves of garlic, minced  
3 teaspoons O&V [Rosmarino Dipper Spice](#) (divided)\*  
Fresh cracked pepper to taste  
¼ cup plus 2 tablespoons chicken broth  
2-3 Naval oranges from which we will use:  
    2 teaspoons orange zest  
    2/3 cup orange juice  
    4 slices of orange  
1 tablespoon lemon juice  
2 tablespoons honey  
2 teaspoons cornstarch  
Additional orange zest and orange slices for garnish

### Preparation

Season the salmon fillets with two teaspoons of dipper spice and fresh cracked pepper. Mix together the orange zest, orange juice, lemon juice and honey in a bowl or measuring cup

Heat the oil in a large sauté pan over medium heat. Place 2 salmon fillets skin side down in the oil. Cook for 5-6 minutes so the skin gets crisp and golden, then turn over for 1 minute and remove. Repeat with additional salmon fillets and remove from pan.

Add sliced oranges, garlic and remaining dipper spice to the pan, sauté 30-60 seconds till fragrant, and add ¼ cup chicken broth. Simmer till reduced by half. Add the orange juice mixture.

In a small bowl whisk together the remaining 2 tablespoons of stock with the cornstarch. Add to the pan, and bring to a boil. Taste, and season as needed with salt and pepper, and drizzle over the salmon. Garnish with additional zest and serve with an orange slice

Total Time: 30 minutes

Serves 4

### Notes

\* Yes, as always, I love using the products from our [Oil & Vinegar franchise](#). In this case, the Rosemary oil adds a nice layer of flavor to start and the Rosmarino dipper is a tasty easy spice mix for everything from this recipe, to flavoring potatoes and is usually featured on my Thanksgiving turkey. It is a nice combination of garlic, rosemary, thyme, and oregano. Feel free to substitute products, just remember, that the better the ingredients, the healthier and tastier the dish.

Categories: Entrees, Seafood, Dairy-Free, Gluten-Free, Rosemary, Orange, Salmon, Rosemary EVOO, Rosmarino Dipper, Weeknight Dinner