



## Salmon with Mustard Sauce

By Chef Veera Gaul, Ph.D.



### Ingredients

1lb salmon fillet with skin  
¼ cup [Lemon EVOO](#) + 2 tablespoons \*  
½ shallot, thinly sliced  
1 tablespoon chopped fresh dill  
1 ½ teaspoon O&V [Mustard Dill Dip](#) \*

### Sauce

½ cup sour cream or Greek yogurt  
1 ½ teaspoon [Mustard Dill Dip](#) \*  
½ teaspoon finely grated lemon zest  
1 tablespoon [Marc de Champagne vinegar](#) \*  
1 tablespoon [Lemon EVOO](#) \*  
A squeeze of lemon juice to taste

### Preparation

Whisk the shallot and dill with the ¼ cup EVOO. Add in the Mustard Dill Dip. Season with salt and pepper. Pour two-thirds of the marinade onto a rimmed baking sheet and add the salmon skin side up. Ensure that the flesh side of the salmon is well covered with the marinade. Pour the remaining marinade over the skin. Cover and refrigerate for 2 hours. (See Chef Note)

In a bowl add the mustard dill dip, lemon zest, Champagne vinegar, and EVOO. Allow the herbs to rehydrate for 2 minutes. Add the sour cream and whisk till well combined

and creamy. Season with salt, pepper and a dash of lemon juice to taste. Refrigerate, covered for 15-20 minutes to meld the flavors.

**Sauté:** Scrape the marinade off the salmon. Heat 1-2 tablespoons of oil in a skillet on Medium high. Add the salmon skin side down. Season the top of the salmon with salt and pepper. Cook for 4 minutes. Flip the salmon, reduce the heat to medium and cook for another 2-4 minutes until a thermometer inserted in the thickest part registers 125F.

**Broil:** Scrape the excess marinade off the salmon, move to a clean baking sheet and place skin side down. Preheat the broiler and place the pan about 6 inches from the heat source. Broil on HIGH for 7-10 minutes until a thermometer inserted in the thickest part registers 125F

Remove and let the salmon rest 10 minutes. Serve with the mustard sauce

Serves 2-3

Active Time: 30 minutes Total Time: 120 minutes including time for marinating

### **Chef Note**

A shorter 30-minute marinating time for the salmon does work at a pinch for a quick weeknight meal, but to get the really delicious flavors to come together, I have found the salmon needs about 2 hours in the marinade.

### **Notes**

\* The [Lemon EVOO](#) add layers of flavor to the salmon and to the sauce. You can use a high-quality unflavored oil if you prefer. The [Marc de Champagne vinegar](#) has a light, crisp yet slightly sweet flavor but can be substituted with a white balsamic vinegar

\* The [Mustard Dill Dip](#) adds a nice zing to the marinade and to the sauce for the salmon. Most O&V stores also carry the Mustard Dill Dip in an individual container (as opposed to the trio in the link). You can substitute your favorite fish rub for the marinade. Another option for the sauce is a tablespoon of [Lemon Dill Mustard](#) instead, or use fresh dill, mustard, and lemon juice added to taste.

Categories: Entrée, Seafood, Gluten Free, Lemon EVOO, Mustard Dill Dip, Marc De Champagne Vinegar, Lemon Dill Mustard, Creamy Mustard Sauce, Fish, Salmon, Weeknight Meal, Easy Dinner,