

ITALY

Creamy Salmon Piccata

Creamy Salmon Piccata is a luxurious twist on the traditional piccata, blending tender, pan-seared salmon with a rich, tangy lemon-butter sauce. Infused with capers and garlic, the creamy sauce perfectly complements the delicate flavor of the salmon, making it a restaurant-quality dish you can easily recreate at home. It's an elegant, satisfying meal ideal for special occasions or weeknight dinners when you want something a little extra. Serve it over pasta or alongside roasted vegetables for a complete, mouthwatering experience.



Ingredients

- 1 pound fresh salmon, cut into 4 pieces
- 1/4 teaspoon garlic powder
- Salt and pepper, to taste
- Flour, for dredging
- 2 tablespoons butter
- 1 tablespoon olive oil
- 1/2 cup chicken broth or dry white wine
- 2 tablespoons lemon juice
- Zest of 1 lemon
- 1-2 tablespoons brined capers, drained
- 1 cup heavy/whipping cream
- Fresh chopped parsley (optional, for serving)

How to prepare

1. Cut the salmon into 4 pieces. Sprinkle with garlic powder and season generously with salt and pepper. Dredge each piece in flour on all sides.
2. In a skillet over medium-high heat, add the butter and olive oil. When hot, add the fish. Cook for 3-4 minutes per side or until browned. Avoid overcooking; the fish should not be fully cooked at this stage. Remove salmon to a plate and set aside.
3. Add the chicken broth, lemon juice/zest, and capers to the skillet. Cook for about 2 minutes, or until the liquid reduces by half.
4. Pour in the cream. Let it bubble for 2-3 minutes.
5. Return the salmon to the pan. Cook for another 3-5 minutes, or until it's cooked through, flakes easily with a fork, and the sauce has thickened. Adjust seasoning with salt and pepper as needed.
6. Serve immediately, optionally garnished with fresh parsley.