

DILL / TURNIP

Dill-icious Salmon and Turnips

Recipe by
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To us, salmon with dill ranks among the pantheon of classic food pairings, like wine and cheese, or peanut butter and jelly. For this recipe, we're separating the fresh dill out into a sauce, so the flavor stays strong, and searing the salmon for better texture. Enjoy!



2 servings

Serving Size



20 min

Cook Time

Ingredients & Equipment

Oven-safe non-stick skillet

Paper towels

Small prep bowl

Microplane (or box grater)

Whisk (optional)

Fish spatula (optional)

Instant-read thermometer (optional)

FROM YOUR FARM SHARE

3 sprigs fresh dill weed, finely minced (plus 2 pinches more for garnish)

4 Japanese turnips, quartered

FROM YOUR PANTRY

8 oz. salmon, with skin, scales removed, divided into 2 filets

1 oz. sour cream

1 lemon

Olive oil

Kosher salt & black pepper

Instructions

1. In a small prep bowl, combine 3 finely minced dill sprigs, sour cream, and 1 tsp olive oil. Zest half the lemon, then squeeze 1 tsp of lemon juice and add both. Season with a pinch each of kosher salt and black pepper, then whisk (or stir) to fully combine. You can prepare this step in advance if desired. Cover and refrigerate to store.
2. Preheat your oven to 400°F. Add no more than 1 tsp of olive oil to a non-stick pan and set over medium-high heat (the oil should shimmer, not smoke). Dry filets with a paper towel.
3. Season the skin side of the filets with a pinch of salt and a scant pinch of pepper. Immediately add them to the pan, skin-down. Sear for 2-3 minutes or until golden brown.
4. Carefully flip both filets, and season the flesh side with salt and pepper. Add the turnip quarters to the pan, season turnips with a pinch of salt, then transfer the pan to the oven. Roast for 10-12 minutes or until the fish reaches an internal temperature of 145°F.
5. Serve salmon skin-up alongside roasted turnips. Top fish with sauce and garnish with remaining dill.