



BigFish Recipe™ Peppered Salmon in Whisky Cream Sauce

Preparation time: 15 minutes

Cooking time: 10 minutes

Serves: 2

Ingredients

2 BigFish Organic or Plain salmon fillets, defrosted according to pack instructions

1½ tbsp crushed peppercorns (we like a mix of black and white peppercorns)

1 tsp Dijon mustard

15g butter

30ml Scotch whisky

120ml double cream

1 tbsp fresh chives, chopped

Method

1. Smear the salmon fillets with mustard, then press the mixed peppercorns into the top side of each one to coat. Season with a little salt.
2. Heat a heavy skillet or frying pan on a medium-high heat. When hot, put in the butter and as soon as it starts to bubble and foam, put in the salmon fillets, skin-side down.
3. Then reduce the heat to medium and cook the fillets for 4-5 minutes.
4. Turn the salmon and cook on the other side for another three minutes. Remove to a warmed plate and lightly cover with another plate or foil so the salmon can rest.
5. Now make the sauce. Turn the heat up under the skillet again and add the whisky. When it has come to the boil, let it reduce by half.
6. Now add the cream and use a wooden spoon to stir and combine, scraping up any sticky bits from the pan.
7. Bring the sauce to the boil and simmer for two minutes until it starts to thicken. Taste and season with more pepper and salt as required. Stir in the chopped chives.
8. Put the salmon fillets on warmed serving plates. Now divide the sauce between the two fillets, pouring it over each one. Garnish with more chives and serve immediately with green vegetables such as peas and your choice of potato (we like new potatoes or mash!).

With thanks to [EasyFood](#) for the inspiration!