

A HOME COOK. A SERIOUS PLATE.

Crispy-Skin Salmon with Parmesan Grits

Pan-roasted salmon over creamy grits with blistered vegetables and brown-butter pan sauce.



PREP 15 min

COOK 30 min

SERVES 4

WHAT YOU'LL NEED

- 4 skin-on salmon fillets
- Salt, black pepper & smoked paprika
- 1 tbsp neutral oil and 3 tbsp butter
- 1 cup stone-ground grits
- 4 cups chicken or seafood stock
- ½ cup grated Parmesan
- Asparagus, mushrooms & cherry tomatoes
- 1 lemon and chopped parsley

THE APPROACH

- 01 Pat salmon very dry and season. Sear skin-side down in a hot oiled skillet, pressing briefly so the skin stays flat.
- 02 Cook grits in stock until tender; finish with butter and Parmesan.
- 03 Sauté vegetables until browned but still vibrant. Remove, then brown butter in the same pan and add lemon juice.
- 04 Spoon grits into bowls, arrange vegetables, top with salmon, and finish with the brown-butter pan sauce.

This recipe began as a reconstruction from the finished plate and can be refined with the original cook notes.