



Garlic Cream Sauce Salmon Recipe

Introduction

If you're looking for a delicious and easy-to-make seafood dish, look no further than this Salmon with Garlic Cream Sauce recipe from Damn Delicious. This dish combines the rich flavors of garlic and cream with perfectly cooked salmon, resulting in a meal that's not just satisfying but also incredibly flavorful. Whether it's a weeknight dinner or a special occasion, this recipe is sure to impress.

Detailed Ingredients with measures

4 (6-ounce) salmon fillets

Kosher salt and freshly ground black pepper, to taste

1 ½ tablespoons unsalted butter

2 cloves garlic, minced

1 medium shallot, diced

2 tablespoons all-purpose flour

¼ cup dry white wine*

¾ cup chicken stock

¾ cup half and half*

3 cups baby spinach

2 tablespoons chopped fresh dill

1 lemon, cut into wedges

Note: Additional chicken stock can be used instead of white wine. Half and half is equal parts whole milk and heavy cream.

Prep Time

10 minutes

Cook Time

15 minutes

Total Time

25 minutes

Yield

Serves 4

Instructions

1. Prepare the Salmon:

Pat both sides of the salmon fillets dry with paper towels. Season with 1 teaspoon salt and $\frac{1}{2}$ teaspoon pepper.

2. Cook the Salmon:

Melt butter in a large cast iron skillet over medium heat. Add salmon fillets to the skillet, skin side up, and cook until golden brown and a crust has formed, about 4-5 minutes. Using a fish turner, flip the fillets and cook for an additional 4-5 minutes, or until desired doneness. Remove from skillet and keep warm.

3. Prepare the Sauce:

Reduce heat to low; add garlic and shallots to the skillet. Cook, stirring frequently, until fragrant, about 2 minutes. Whisk in flour until lightly browned, about 1 minute. Stir in wine, scraping any browned bits from the bottom of the skillet. Stir in chicken stock and half and half until slightly thickened, about 2-3 minutes; season with salt and pepper, to taste. Stir in spinach until wilted, about 1-2 minutes.

See also [Delicious Turon: Filipino Fried Banana Rolls Recipe](#)

4. Combine and Serve:

Return salmon to the skillet; sprinkle with dill. Serve immediately with lemon wedges.

Enjoy your meal!

Detailed Directions and Instructions

Prepare the Salmon:

- Pat both sides of the salmon fillets dry with paper towels.
- Season with 1 teaspoon salt and $\frac{1}{2}$ teaspoon pepper.

Cook the Salmon:

- Melt butter in a large cast iron skillet over medium heat.
- Add salmon fillets to the skillet, skin side up, and cook until golden brown and a crust has formed, about 4-5 minutes.
- Using a fish turner, flip the fillets and cook for an additional 4-5 minutes, or until desired doneness.
- Remove from skillet and keep warm.

Prepare the Sauce:

- Reduce heat to low; add garlic and shallots to the skillet.
- Cook, stirring frequently, until fragrant, about 2 minutes.
- Whisk in flour until lightly browned, about 1 minute.
- Stir in wine, scraping any browned bits from the bottom of the skillet.
- Stir in chicken stock and half and half until slightly thickened, about 2-3 minutes; season with salt and pepper, to taste.
- Stir in spinach until wilted, about 1-2 minutes.

Combine and Serve:

- Return salmon to the skillet; sprinkle with dill.
- Serve immediately with lemon wedges.

Notes

Substitute Ingredients:

- Additional chicken stock can be used instead of white wine.

Half and Half Explanation:

- Half and half is equal parts whole milk and heavy cream.



Garlic Cream Sauce Salmon Recipe

Cook techniques

Patting the Salmon Dry

Patting the salmon fillets dry with paper towels ensures that they sear properly in the skillet, promoting a crispy exterior without steaming the fish.

See also [Cream Cheese Potato Bacon Soup](#)

Seasoning

Generously season the salmon with salt and pepper to enhance its natural flavors before cooking.

Searing the Salmon

Searing the salmon skin side up in a hot skillet allows for a golden brown crust to form while cooking, sealing in the moisture and flavor.

Cooking to Desired Doneness

Cook the salmon until it reaches your desired level of doneness, typically 4-5 minutes on each side, for a moist and tender result.

Making a Sauce

Using the same skillet to make the garlic cream sauce captures the flavors left from cooking the salmon, enhancing the overall dish.

Wilting Spinach

Adding spinach at the end of the sauce preparation allows it to wilt quickly, keeping its vibrant color and nutrients intact.

FAQ

Can I use different fish instead of salmon?

Yes, this recipe can be adapted for other firm fish such as trout or halibut, but adjust cooking times as needed.

What can I substitute for white wine?

You can use additional chicken stock or a splash of lemon juice as a substitute for white wine in the sauce.

How do I know when the salmon is done cooking?

The salmon is done when it flakes easily with a fork and is opaque throughout, generally about 130-145°F internal temperature.

Can the recipe be made ahead of time?

While the salmon is best served fresh, the sauce can be prepared ahead of time and reheated before serving.

What sides pair well with this dish?

This salmon with garlic cream sauce pairs well with rice, pasta, or a fresh green salad.

Conclusion

This Salmon with Garlic Cream Sauce is a delightful dish that brings together the richness of salmon with a creamy, flavorful sauce. The combination of garlic, shallots, and fresh dill enhances the overall experience, making it a perfect choice for dinner gatherings or a special

occasion. Serve it with lemon wedges for an extra zing that complements the dish beautifully.

See also [Crockpot Garlic Parmesan Chicken Pasta](#)

More recipes suggestions and combination

Garlic Butter Shrimp

Succulent shrimp sautéed in a garlic butter sauce, served with lemon and parsley for freshness.

Creamy Lemon Pasta

A rich and tangy pasta dish with a cream sauce, lemon zest, and fresh herbs to brighten up the meal.

Herb-Crusted Chicken

Juicy chicken breasts coated with a blend of fresh herbs and breadcrumbs, baked to golden perfection.

Stuffed Bell Peppers

Sweet bell peppers filled with a mixture of quinoa, black beans, corn, and spices for a hearty vegetarian option.

Roasted Vegetable Medley

A colorful assortment of seasonal vegetables roasted with olive oil, garlic, and herbs, perfect as a side dish.

Pan-Seared Tuna Steaks

Fresh tuna steaks seasoned and seared to perfection, served with a

soy-ginger glaze for an Asian-inspired twist.

Chickpea Salad

A refreshing salad made with chickpeas, cucumbers, cherry tomatoes, and a lemon-tahini dressing for a healthy option.



Garlic Cream Sauce Salmon Recipe



Garlic Cream Sauce Salmon Recipe