

SAGE'S HERB BUTTER PAN-ROASTED SALMON WITH BEET PUREE AND TOMATO SALAD



This salmon dish makes an elegant yet comforting meal, perfect for a cozy dinner or a special occasion. Pan-roasting the salmon in a hot skillet creates a crisp, golden crust while keeping the center tender and flaky, and the fresh herb butter adds rich, aromatic flavor. Served with a bright tomato salad and a silky beet puree, it brings together color, texture, and taste in a way that feels restaurant-worthy but is simple enough for home cooking.

INGREDIENTS

Salmon and Herb Butter

- 2 portions salmon (about 6 oz each)
- 4 Tbsp softened butter
- 2 cloves garlic, minced
- 2 Tbsp finely chopped fresh herbs (such as thyme, parsley, sage, basil, oregano, or a combination)
- Zest of half a lemon
- Salt and pepper, to taste

Tomato Salad

- 1 cup cherry tomatoes, sliced in halves or quarters
- 1 Tbsp good-quality olive oil
- Fresh torn basil or other fresh herbs
- Salt and pepper, to taste

Beet Puree

- 3 medium beets, peeled and quartered
- Olive oil
- Salt and pepper
- Juice of 1 orange
- 1/2 cup heavy cream or coconut cream

INSTRUCTIONS

For the Salmon and Herb Butter

1. Remove the skin and any pin bones from the salmon and place the fillets on a paper towel-lined tray.
2. In a small bowl, cream together the softened butter, minced garlic, chopped herbs, lemon zest, salt, and pepper until smooth.
3. Preheat the oven to 375°F.
4. Heat a cast-iron or other oven-safe pan over medium-high heat.
5. Pat the salmon dry, drizzle lightly with oil, and season with salt and pepper.
6. Place the salmon flesh-side down in the hot pan and sear until lightly browned and it releases easily from the pan (do not flip yet).
7. Turn off the heat, add about half of the herb butter to the pan, tilt the pan to melt the butter, and baste the salmon.
8. Transfer the pan to the oven and bake 5–10 minutes, depending on desired doneness.
9. When the salmon is about 90% cooked, remove the pan from the oven, carefully flip the fillets, add the remaining herb butter, and baste again.
10. Let the salmon rest briefly in the warm pan; squeeze fresh lemon over the top just before serving.

For the Tomato Salad

1. In a bowl, combine the cherry tomatoes, olive oil, and torn basil or other herbs.
2. Season with salt and pepper, toss gently, and set aside until ready to serve.

For the Beet Puree

1. Preheat the oven to 400°F. Wash, peel, and quarter the beets, then toss with a drizzle of olive oil, salt, and pepper.
2. Wrap the beets tightly in foil, place on a baking sheet, and roast for about 1 hour, or until very tender.
3. Transfer the cooked beets to a high-powered blender with the orange juice, a pinch of salt, and the heavy cream or coconut cream.
4. Blend until very smooth, adjusting seasoning to taste and adding a splash more cream or juice if needed for consistency.

To serve, spoon a bed of warm beet puree onto each plate, top with the pan-roasted salmon, and finish with the fresh tomato salad alongside. This dish pairs well with warm farro, wild rice, or your favorite roasted vegetables.

