

Salmon with Crushed Blackberries and Seaweed



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15 min

CA

OR

WA

4

Ingredients

2 cups fresh blackberries

Coarse sea salt

4 (5- to 6-ounce) skin-on wild-caught sockeye salmon fillets

3 tablespoons sunflower oil

2 to 3 tablespoons dried seaweed (wakame)

Fresh chive stems, for garnish

In a medium bowl, crush half the blackberries using the back of a fork. Add the remaining whole blackberries, stir to coat and season to taste with salt; set aside.

Pat salmon fillets dry with a paper towel. Season with salt on both sides.

Heat a large, heavy sauté pan or cast-iron skillet over high. When the pan is hot, add 3 tablespoons oil and carefully swirl it around to coat the bottom of the pan. When the oil begins to shimmer, working in batches if necessary, place the fillets in the pan, flesh-side down, and sear until the salmon picks up some color and releases easily from the pan, 1 to 2 minutes. Flip the fish, reduce the heat to medium and continue cooking until cooked through, about 2 minutes more, depending on the thickness of the salmon.

Transfer the fillets from the pan to a warm plate and tent with foil until all fillets are cooked, making sure to get any of the salmon skin that may stick to the pan. (If you're cooking your fillets in multiple batches, you'll want to add 2 to 3 tablespoons of oil to the skillet before pan-searing the second batch.)

Divide the salmon among plates, serving it skin-side up. Top with the blackberries, then garnish each plate with the seaweed and a few chive stems.

Recipe by and photo courtesy of Sean Sherman and [The New York Times](#).

Species Group

Salmon