



Mustard Glazed Salmon with Pickled Peppers and Crispy Capers

Pickled Pepper Topping

- 1 Tablespoon olive oil
- 1/2 cup chopped spring onions
- 3 Tablespoons capers, well drained
- 2 Tablespoons chopped pepperdew peppers
- 1/3 cup chopped dill pickles
- 1 Tablespoon minced fresh dill

- 1 teaspoon olive oil
- 1/2 Tablespoon unsalted butter
- 1-1/2 lb. boneless salmon filet
- Garlic salt; ground black pepper to taste
- 2 Tablespoons dill pickle juice (from jar)
- 2 teaspoons stone ground dijon mustard
- Fresh dill sprigs

In a hot 10 inch nonstick skillet, add oil and onions; sauté until softened but not brown. Remove onions from skillet; set aside.

Place capers in skillet, sauté until capers are crispy. Set aside.

In a small bowl, combine softened onions, peppers, dill pickles, and dill. Set aside.

Connect Bluetooth on Smart Phone or IPad to Pantelligent's 12 inch Frying Pan. Place oil and butter in pan; preheat pan to 375 degrees F.

Season salmon lightly with garlic salt and black pepper. When temperature is reached; place salmon in pan skin side up; cook for 7 minutes.

Meanwhile, in a small bowl, mix pickle juice and mustard. Turn salmon over; lightly brush grilled side of salmon with some of the mustard sauce. Cook for 7 minutes or reached desired doneness.

Remove salmon to serving platter; drizzle remaining sauce over salmon. Place dill sprigs on salmon; spoon pickled peppers on top. Garnish the top with reserved crispy capers.

Yield: Serves: 4

About the Recipe: Salmon is easily cooked in a Pantelligent frying pan, which is attached to Bluetooth, allowing the pan to watch your time and temperature. All you need to do is turn the fish when instructed to do so and apply a light mustard glaze, which is flavored with pickle juice. When it is finished, the pan will tell you to remove and enjoy your fish. It even reminds you to turn off the heat.

Remove the salmon to a serving platter and spoon a dill pickled pepper topping and some crispy capers over the fish.