



The **ingles** T a b l e

with Desmond Fannin
PAN SEARED SALMON WITH CHIPOTLE BBQ SAUCE

Shopping List

FOR THE SALMON:

- 4 skinless (6oz) salmon filets
- 2 tablespoons of olive oil
- 1 teaspoon of kosher salt
- 1 teaspoon of black ground pepper

FOR THE CHIPOTLE BBQ SAUCE:

- 1 teaspoon of butter
- 1 tablespoon of diced onion
- 1 clove of garlic, minced
- 2 tablespoons of ketchup
- 2 tablespoons of beer
- 2 teaspoons of distilled white vinegar
- 2 teaspoons of brown sugar
- 1/4 teaspoon of dry mustard
- 1/4 teaspoon of ground cumin
- 1/4 teaspoon of dried chipotle pepper
- 1/8 teaspoon of paprika
- 1/8 teaspoon of salt

Cooking Instructions

1. Sauté the onion and garlic in melted butter over a hot pan
2. Add the cumin, paprika, dried mustard and chipotle chilli powder and mix
3. Incorporate the brown sugar, ketchup, salt, vinegar and beer to the pan
4. Transfer the pan to the stove and let it simmer for 3-4 minutes
5. Cut the salmon into portions
6. Rub the salmon with olive oil, salt and pepper on both sides
7. Put olive oil on a hot pan and place the portions of salmon
8. Let it sear on both sides and paint the salmon with the Chipotle BBQ sauce
9. Put the pan into the oven for 4-5 mins at 350° and serve

