

# Dill-Spiced Salmon

SERVES 4

Salmon with dill is the Swedish equivalent to American meat loaf. When I was growing up in Sweden, it was the weeknight dish that every family had almost every week. I still love the simplicity of this dish, although I now kick up the heat a few notches with a few dashes of chile powder. I love to pair this salmon with Raw Kale Salad; the mix of kale and root vegetables makes a salad that's not only healthy, but restaurant-level impressive. This cooking technique will give you salmon that's creamy, almost custardy. If you prefer it more well done, leave it in the skillet for a few more minutes.

4 tablespoons olive oil  
Juice of 1 lemon  
1 tablespoon Dijon mustard  
2 tablespoons chopped fresh dill  
2 garlic cloves, thinly sliced  
4½ teaspoons chile powder  
1 tablespoon coriander seeds, finely ground  
1 teaspoon cumin seeds, finely ground  
Freshly ground black pepper  
4 (6-ounce) skin-on salmon fillets  
Kosher salt  
1 tablespoon unsalted butter

1. In a mini food processor, blend 2 tablespoons of the olive oil, the lemon juice, mustard, dill, garlic, chile powder, coriander, cumin, and ¼ teaspoon pepper into a paste. Transfer the paste to a bowl.
2. Season the salmon fillets with salt and pepper.
3. Heat the remaining 2 tablespoons olive oil in a large skillet over medium-high heat. When it shimmers, add the salmon fillets, skin side down, and brush half of the paste on the fillets. Cook for 4 minutes, then add the butter. Continue to cook, spooning the oil and butter over the salmon, for 2 minutes. You'll see the color changing as the salmon cooks from the bottom. Flip the salmon and brush the remaining paste onto the other side. You just want the heat to kiss the salmon on this side, so take it out after a few seconds. Let the salmon rest for a few minutes before serving.