

Live Better Wild

Spring in Alaska

Featuring Mandy Dixon



An Ode to *Equilibrium*

Like bears waking from hibernation, we too emerge from the depths of winter hungry and with a renewed zest for life. One day the sun rises and brings with it the feeling of warmth, life, and possibility, letting us ditch the heavy winter parkas for something that, instead, allows us to walk with an unrestricted feeling of freedom.

As a shoulder season, though, springtime is a playground seesaw that can tilt toward the mild splendor of summer one day and then teeter back toward winter the next. The air often still has that chilly bite, but if you close your eyes and feel the sunshine on your face, you can almost see summer on the horizon. This precarious balance is something we like to play with in our spring cuisine as well, harmoniously pairing the hearty flavors of winter with the crisp ones of summer.

This journal is meant to be an ode to that equilibrium; it's full of lovely reflections on springtime in Alaska from renowned chef Mandy Dixon, whose Tutka Bay Lodge may be the most beautiful place on Earth to watch the days lengthen with each passing rotation. It includes writing from our own Monica Haim-Kallenberg, on how springtime is the season of stories in Alaska. And finally, it's full of springtime recipes that are sure to satiate the post-hibernation hunger, some of Chef Mandy's favorites and some of our own from our forthcoming cookbook, *Eat Wild: Cooking at Home With the Seafood of Alaska*.

So, as you emerge from that long winter slumber, we invite you to stretch those muscles, embrace the warmth of sunshine on your cheeks, and eat the wild bounty of spring. ✨



Fresh, Wild, and Alive

By Mandy Dixon

“ I eagerly anticipate the first halibut of the year, the briny sweetness of just-harvested oysters, and the bright, peppery bite of wild greens. ”

Spring in Kachemak Bay is a season of energy, movement and renewal. The land and sea sparkle with early sun, and the crisp air turns pleasant and fragrant. As the white icy landscape retreats and turns to every shade of green imaginable, the tides carry in new life. Bright silver flashes beneath the ocean's surface, signaling the arrival of halibut, salmon, and seabirds eager to feast. In the forest, the scent of thawing earth mingles with the bright green notes of budding plants. Everywhere, life is in motion — wild, urgent and unstoppable — marking the arrival of a new season brimming with possibility.

As a chef, spring is both an inspiration and an invitation — a time when the season's first offerings spark a fresh wave of creativity in the kitchen. Hearty

stews and slow braises give way to grilled salmon on the beach and crisp, indulgent bowls of greens. The arrival of fresh seafood, tender shoots, and foraged delicacies signals a shift toward lighter, more expressive dishes that celebrate renewal. I eagerly anticipate the first halibut of the year, the briny sweetness of just-harvested oysters, and the bright, peppery bite of wild greens. Each day, as the light lingers a little longer, I find more time to explore, harvest and create. There is a quiet reverence in this cycle — a reminder to move with the rhythms of land and sea, to embrace the gifts of spring, and to bring that energy — fresh, wild, and alive — to the table. ✨



Parmesan-Herb Shrimp Puffs

With Honey Drizzle



Yield: 24 puffs

Ingredients

1 (8 oz.) pack sidestriped shrimp, peeled and minced

Vegetable oil for frying

6 tablespoons unsalted butter

1 cup chicken stock

1 teaspoon salt

1 ½ cup bread flour

4 eggs

¼ cup Parmigiano-Reggiano cheese, grated (plus extra for dusting)

Freshly ground pepper

¼ cup cilantro, minced

½ cup honey, heated


We like to serve these puffs year-round, but they are particularly delicious in May and June when the boats come into the harbor with shrimp to sell. It's a sure sign of spring in Alaska.

Add the vegetable oil to an electric deep fryer or a deep-sided saucepan about halfway up. Bring the oil to 350°F.

In a heavy bottomed saucepan, combine the butter, chicken stock, and salt, and bring this mixture to a boil. Remove the saucepan from the heat and add in the bread flour. Using a sturdy wooden spoon, stir until the dough is formed and is smooth and shiny. Return the pan to the heat and stir constantly until the mixture comes away from the sides of the pan, about two minutes.

Add in the eggs, one at a time, mixing thoroughly after each addition. Add in the grated cheese, pepper to taste, and the minced cilantro. Fold in the shrimp.

Drop the dough by tablespoons into the hot oil. Remove the puffs with a slotted mesh spoon after two to three minutes and they are golden brown. Drain the puffs on paper towels. Sprinkle with salt and the extra cheese and drizzle the hot honey over the puffs.



“ As the fire crackles and the food sizzles, take a moment to soak it all in. The golden slant of the late-afternoon sun, the scent of alder smoke curling into the sky, the quiet lap of the waves...”

To Build a *Fire*

By Mandy Dixon

Here at Tutka Bay Lodge, the most cherished gifts come from the sea. One of our most beloved is the water grill — a natural rock formation, shaped by time and tide, that serves as an open-fire cooking space when the water recedes. With each high tide, the ocean washes over the rock, cleansing and salting it, sometimes leaving behind a trace of seaweed that only enhances the flavor of what’s to come. Fresh-caught salmon, grilled over alder wood gathered from our nearby woods, takes on that magical essence of fire and sea.

Building the fire is a ritual. You don’t need a “water grill” like we use. You could build a fire ring of rocks on a sandy beach, a backyard barbecue area, or wherever open fire is safe for you. Here is how we build our fire: It starts with two solid, dry pieces of alder placed at the base of the fire ring, then lighter wood stacked carefully in a crisscross pattern, like the foundation of a small log cabin. Bundles of dried sedge grass, misted with oil, serve as kindling, coaxing the flames to life.

Once your fire is ready, place a grill grate over the embers or use a flat rock as a cooking surface. At the lodge, we often grill salmon glazed with rhubarb, letting the heat caramelize the sauce into a perfect blend of smoky and sweet. If you're cooking on the beach, keep it simple—fresh fish, a bit of salt, and the natural heat of the fire will do the trick.

As the fire crackles and the food sizzles, take a moment to soak it all in. The golden slant of the late-afternoon sun, the scent of alder smoke curling into the sky, the quiet lap of the waves—this is what makes beach cooking so special. I like to poke at the fire, watching the embers shift, and in the cove where I live, an old otter is usually floating lazily nearby, as much at home here as I am.

So whether you have a water grill or just a patch of sand and some driftwood, I encourage you to build a fire, cook outside, and experience the magic of an open-air feast. Spring is the perfect time to start. Let the wilderness be your kitchen, and let the beach be your dining room. Happy grilling! 🌿



Seared Salmon

With Sweet & Spicy Rhubarb Glaze



Yield: 2 servings

Ingredients

2 (6 oz.) portions sockeye,
coho, or king salmon
1 cup rhubarb, chopped,
fresh or frozen
1 cup chicken stock
1 tablespoon soy sauce
2 teaspoons hot sauce
1 cup honey
½ cup unsalted butter
½ cup brown sugar
1 tablespoon garlic, minced
1 tablespoon freshly cracked
black pepper
1 tablespoon apple cider
vinegar
High-heat cooking oil

A little spicy, a little sweet, the glaze is a quick and easy secret for your flavor toolkit. Rhubarb is one of the first colors of springtime that pops up in our garden. We have rhubarb plants that are 40 years old and have traveled with us wherever we have lived in Alaska. This glaze works with blueberries as well.

In a small saucepan over medium heat, combine the rhubarb, chicken stock, soy sauce, hot sauce, honey, brown sugar, butter, garlic, black pepper and salt.

Simmer for 6-8 minutes, stirring occasionally, until the rhubarb breaks down and the sauce thickens slightly. Stir in apple cider vinegar for added brightness. Remove from heat and let cool. Set aside.

Lightly oil a nonstick skillet over medium-high heat. Place the salmon fillets flesh side down. Cook for 2–3 minutes, then flip and brush with the glaze. Turn the heat down to medium. Cook another 3 minutes, basting with the glaze, until the salmon is cooked through. Drizzle a little extra glaze over the salmon before serving.



Almond Crusted Pacific Halibut

With Tomato-Pepper Sofrito



Yield: 4 servings

Ingredients

4 (6 oz.) portions Pacific halibut
2 cups panko breadcrumbs
1 tablespoon fresh thyme
1 cup chopped almonds
1 egg
1 cup all-purpose flour
Salt and pepper, to taste
Coarse sea salt, to finish
Sofrito (*Instructions on following page*)

The Tutka Bay Lodge chefs traveled to Spain last April for a little cultural and cooking education. It seems wherever I travel, I bring back small “culinary souvenirs” to use in my Alaska cuisine repertoire. This is a year-round recipe but the first of our seasonal halibut arrives in our bay in the springtime. The sofrito recipe and grating tomato technique are two fond memories from Spain. The peppers and tomatoes are grown in our greenhouse.

Mix the breadcrumbs, thyme and almonds together in a medium bowl. Whisk the egg in a separate medium bowl and in a third medium bowl place the flour.

Dip each halibut fillet into the egg mixture then coat with flour. When all the pieces of halibut have been coated, dip in egg mixture again before dipping into almond breadcrumb mixture. Coat each entire fillet in the almond breadcrumb mixture. Season with salt and pepper to taste. Refrigerate the fish until the sofrito is ready.

Sofrito on following page

For Tomato-Pepper Sofrito

Ingredients

3 cups yellow onion, peeled
and cut into $\frac{1}{4}$ -inch dice
2 tablespoons chopped pan-
cetta or bacon
3 tablespoons unsalted but-
ter, divided
2 tablespoons vegetable oil
Extra-virgin olive oil
1 tablespoon salt
6 large Roma tomatoes
3 garlic cloves, minced
2 small carrots, diced
2 celery ribs, diced
2 red bell peppers, seeded
and diced
1 yellow bell pepper, seeded
and diced
2 cups chicken stock
1 bay leaf
1 sprig thyme
Good quality olive oil for
finishing

Place the onions and the pancetta in a medium stockpot over medium heat. Add in 2 tablespoons of the butter and the vegetable oil. Caramelize the onions until light brown. Season with salt and pepper to taste. Add in the carrot, celery, garlic and bell peppers. Simmer on low heat.

Slice the tomatoes in half lengthwise. Grate the tomatoes on the large holes of a box grater. The pulp will go through the grater, creating a purée, while the skin remains in your hand. Discard the skin.

Add this purée to the simmering sofrito. Add in the stock, bay leaf and thyme and simmer on low until the carrots are cooked and sofrito has thickened. Drizzle in a little olive oil for flavor and texture.

Heat a large sauté pan over medium heat with the remaining 1 tablespoon of butter. Add in the halibut fillets and brown on all sides, cooking for 2-3 minutes each side. Serve on top of the sofrito.



Crispy Rice Cakes

*with Rhubarb Kimchi and
Caramelized Sablefish (aka Black Cod)*

Yield: 24 rice cakes

Ingredients

For Rice Cake:

- 1 ½ cup short-grain (sushi) rice
- 1 ½ cup water
- 2 tablespoons rice wine vinegar
- 1 teaspoon grated lemon or orange zest
- Rice flour for dredging
- Vegetable oil for frying

For Topping:

- 12 oz. caramelized sablefish
(recipe follows)
- 2 cups rhubarb kimchi
(recipe follows)
- ¼ cup honey
- 1 cup soy sauce
- 2 tablespoons sherry vinegar
- 2 tablespoons rice vinegar
- ¼ cup mayonnaise
- 2 tablespoons hot chili sauce
- 1 small bunch spring onion,
chopped
- 1 small bunch cilantro,
chopped

There are multiple components to this recipe collection that can be mixed and matched in so many creative ways. We love to make these crispy rice cakes with bits of hot-smoked salmon added into the rice for our appetizer hour at the lodge.

Combine the rice, water, rice wine vinegar and citrus zest into a medium saucepan with a good fitting lid. Stir to combine all the ingredients. Bring the mixture to a boil, cover the saucepan with the lid, and reduce the heat to a simmer. Cook for 15 minutes or until the rice has absorbed all the liquid and the grains are tender. Let the rice cool for 15 minutes.

Line an 8-by-8-inch baking dish with plastic wrap. Firmly press the cooled rice into the pan, using water-moistened hands to prevent sticking. Press the plastic wrap over the top of the rice and refrigerate for 2 hours to overnight.

Combine the honey, soy sauce, sherry vinegar, and rice vinegar. Mix all and set aside.

Cut the chilled and firmed rice into 3-inch by 2-inch rectangles, keeping your knife moistened with water to prevent sticking. Dredge the rice cakes in the rice flour.

Heat the oil in a pan, deep enough to just about cover the rectangles. Bring the temperature of the oil to 350°F. Fry the rice cakes for about 5 minutes until they are golden brown. Drain onto a few paper towels.

Combine the mayonnaise, chili sauce, onion and cilantro. Paint each rice cake with a little bit of the honey-soy drizzle. Top each cake with a dollop of the spicy mayonnaise, followed by a tablespoon of kimchi and flaked sablefish.



*Caramelized sablefish &
rhubarb kimchi to follow*

For Carmelized Sablefish

Ingredients

2 (6 oz.) portions sablefish

1/4 cup mirin

1/4 cup sake

1/3 cup white miso paste

1/3 cup honey



Nobu Matsuhisa, of Nobu Restaurant fame, made black cod (sablefish) famous with his miso marinade. He lived in Alaska for a time and had a small restaurant in Anchorage before moving to Los Angeles and making it big. We like to think he got his sablefish from our bay! I have never yet met a person who doesn't like this dish. Of course, you don't have to flake the fish into chunks and put them onto rice cakes like we did. You can just eat it with a bowl of steaming rice as is.

In a small sauce pot, bring mirin and sake to a simmer over medium heat. Add in the honey and miso and reduce the heat to low. Continue to simmer the mixture for a few minutes to combine. Then remove the pot from the heat and cool.

Place the fish in a gallon-sized resealable bag and pour the marinade over the fish and seal. Allow to marinate overnight in the fridge.

Preheat oven to 400°F. Remove the fish from the bag and place onto a parchment-lined baking sheet. Transfer to the oven and bake for 7 to 10 minutes, or until caramelized. Remove the fish from the oven and flake into large chunks to top your rice cakes.

For Fermented Rhubarb Kimchi

Ingredients

4 cups rhubarb, peeled and thinly sliced

1/2 cup raspberry juice concentrate

1 cup green onion, thinly sliced

2 tablespoons sweet rice flour

2 cups water

2 tablespoons brown sugar

3 cloves garlic, roughly chopped

1/2 yellow onion, diced

1/4 inch knob ginger, diced

1 tablespoon fish sauce

1/4 cup small dried shrimp

1/2 cup Korean hot pepper flakes (gochugaru)

Kimchi is a beautiful addition to a simple dish of rice and any Alaska seafood. This version doesn't use the better-known Napa cabbage variation but our own garden rhubarb, which we always have in abundance. Raspberry (or other dark fruit) concentrate is sold in stores and adds a lovely color.

Place the rhubarb, raspberry juice, and green onions in a medium bowl and set aside.

In a small saucepan, bring rice flour and water to a boil over medium heat. Add the brown sugar and simmer until the mixture starts to thicken. Remove from the heat and set aside.

In a food processor, combine the garlic, onion, and ginger, blending until a rough paste forms. Transfer to a medium bowl, then stir in fish sauce, dried shrimp, and gochugaru. Add the sweet rice paste, whisking to combine, then pour everything into the bowl of rhubarb and stir well.

Transfer the kimchi into clean glass canning jars and top with cheesecloth and a rubber band. Place the jars onto a sheet tray to catch any overflow. Allow the kimchi to sit at room temperature for 24 hours to begin the fermentation process.

After 24 hours, place the lid loosely on the jar and transfer to the refrigerator. The kimchi will continue to ferment, so you will need to release the gas in the jar daily. It is ready to eat at this point, but will be best after 1 week of fermentation.





The *Soundscape* of Spring

By Mandy Dixon

"SPRING IN ALASKA
IS FLEETING. THE FIRST
WILDFLOWERS BLOOM
QUICKLY, RIVERS SWELL
WITH MELTWATER, AND
MIGRATING BIRDS COME
AND GO.."

The renewal of spring is not just something to see or taste — it is something to hear. Amid the return of light and abundance, nature offers a symphony of new sounds, an invitation to listen deeply and reconnect.

Find a quiet place outside — a mossy forest path, a windswept beach, or a sunlit meadow just beginning to green. Stand still, close your eyes, and take a few slow, deep breaths, letting the crisp air fill your lungs. Then, shift your focus entirely to listening. Tune in to the layered sounds around you — the distant call of an eagle, the rhythmic lapping of waves, the rustling of new leaves stirred by the wind.

Rather than identifying each sound, let them wash over you as vibration, as energy moving through the body. The resonance of the land is always present, a

hum beneath the surface, waiting to be felt. In the rush of daily life, we often tune out the world around us, forgetting how grounding it is to truly hear the shifting rhythms of the season.

Spring in Alaska is fleeting. The first wildflowers bloom quickly, rivers swell with meltwater, and migrating birds come and go. By immersing yourself in the sonic landscape of spring, you deepen your connection to the land and to yourself. Whether you're foraging, walking barefoot on the beach, or simply sitting with a warm drink in the late afternoon light, let this season be an invitation to notice the miracles of the season, absorb the sounds of renewal, and find gratitude in the wild beauty that surrounds you. ✨



Springtime & the Stories to Come

By Monica Haim-Kallenberg

I like to think of springtime as the time of year when Alaskans gear up for a whole new season of stories. Setting up garden beds for the onslaught of perfect summer sun. Preparing vessels and mending nets in advance of the summer salmon runs. There is an anticipatory feeling in the air, a certain knowing that the full expression of the season will bring on a bounty — not only of food, but of the shared experiences that are generated by the intensity of Alaskan harvests, on both land and sea.

Come spring, you'll start spotting more bonfires on the beach, the dancing light casting silhouettes of friends and neighbors in revelry against the ever-present sky. The fauna of the region become more active, filling their bellies with the young shoots of flora that are just starting to burst forth from branches and earth. I, too, begin to emerge from a slower state of being, experiencing a renewed craving to break bread with others around a vibrant table of foods.

In celebration of the spirit of spring, here is a selection of recipes — from our forthcoming cookbook! — that I feel best embody the season. ✨



Smoked Sockeye

With Herby Yogurt Spread

Yield: 4 servings

Ingredients

8 oz. hot smoked sockeye
salmon or cold smoked
sockeye salmon
2 store-bought flatbreads or
4 pitas
2 tablespoons extra-virgin
olive oil
1 teaspoon garlic, minced
½ cup full-fat Greek yogurt
Zest from 1 lemon
Juice from ½ lemon
2 teaspoons chives and/or
dill, plus more for garnish
Salt and pepper

This recipe for flatbread is ideal as an appetizer, as an afternoon snack, or as a fancier-than-usual breakfast. An herby yogurt spread is the perfect backdrop for smoked salmon — perhaps what remains of last year’s harvest. The dish comes together quickly and beautifully, with minimal effort.

Preheat the oven to 400°F. Meanwhile, whisk together the olive oil and garlic in a small bowl. Arrange the flatbreads on a baking sheet, then brush with the garlic oil.

Bake the flatbreads until hot and slightly crisp, about 5 minutes. Allow to cool for about 5 minutes.

In a small bowl, stir together the yogurt with lemon zest, lemon juice, and herbs. Season with salt and pepper, adding more lemon juice if desired.

Spread the herby yogurt over flatbreads, then arrange flakes of smoked sockeye salmon over the top. Sprinkle on more herbs for garnish, then cut into pieces for serving. Serve



Baked Pacific Halibut

With Spiced Cilantro-Parsley Sauce



Yield: 4 servings

Ingredients

- 4 (6 oz.) portions Pacific halibut
- 1 cup cilantro, roughly chopped (approx. 1 bunch)
- 1 cup parsley, roughly chopped (approx. 1 bunch)
- $\frac{1}{4}$ cup extra-virgin olive oil
- 4 teaspoons garlic, roughly chopped
- 4 teaspoons fresh lemon juice
- 1 teaspoon ground coriander
- $\frac{1}{2}$ teaspoon smoked paprika
- $\frac{1}{2}$ teaspoon ground cumin
- Pinch of red pepper flakes
- $\frac{1}{2}$ teaspoon salt, plus more for seasoning

One of my favorite aspects of cooking is learning how to use fresh herbs and spices to alchemize a raw fillet into pure delectability — like in the sauce for this recipe, which is inspired by a North African chermoula, an herbaceous condiment made with fresh cilantro and parsley. It's reminiscent of chimichurri but has a warmer flavor profile, owing to a mix of spices like cumin, coriander, and paprika.

Preheat the oven to 400°F. Meanwhile, make the cumin herb sauce by combining the cilantro, parsley, olive oil, garlic, lemon, coriander, paprika, cumin, chili flakes, and salt in a food processor. Pulse to combine until you have a rough pesto-like mixture. Adjust the sauce to your taste by adding a little more salt or lemon juice, then scrape into a small bowl and set aside. Alternatively, finely mince together the garlic, parsley, and cilantro by hand, then whisk together with dry spices, lemon juice, olive oil, and salt.

Lightly season the fillets with salt, then arrange them in a baking dish. Top each fillet with a generous amount of sauce, about $\frac{1}{2}$ cup divided evenly over 4 portions. Reserve the remaining sauce for serving.

Place a baking dish on the center rack in the oven and cook for 8 to 10 minutes, depending on the thickness of the fillet. Pacific halibut is medium-done when the thickest part of the fillet registers at 130°F on an instant-read thermometer, or when flaked easily with a fork. Add a minute or two of cook time as desired. Transfer to a serving plate and set aside.

Once the fish is cooked, divide the portions between four plates. Serve over couscous with a side of vegetables alongside extra cumin herb sauce. Any leftover sauce can be stored covered in the refrigerator for up to 3 days.

Pacific Cod

*With Cherry Tomatoes and
Lemon in Parchment*



Yield: 2 servings

Ingredients

1 (6 oz.) portion Pacific cod

Salt

1 tablespoon extra-virgin
olive oil

2 thin slices lemon

A handful of cherry toma-
toes

1 clove garlic, minced

1 sprig of fresh oregano

Tender spring vegetables,
thinly sliced or chopped
(optional)

I believe the expression “dressed to impress” also applies to that which you serve for a meal. Case in point: cooking fish in parchment paper, which not only provides the culinary chemistry to yield a delicious fillet, but also arrives at the table as a lovely little parcel to unravel as part of its delight. The airy, almost spongy texture of Pacific cod makes it a great fish to cook in a packet of parchment paper — a technique called “en papillote,” which gently steams the fish in its own juices until perfectly flakeable.

Considering adding a handful of tender vegetables to the pouch, as you start to see tender vegetables coming into your local markets. Snap peas, green beans, asparagus, or even winterized spinach are all wonderful options that can work with this cooking method.

Preheat the oven to 450°F. Meanwhile, measure out a sheet of parchment that will be big enough to fold into a pouch for steaming the fish with ample space for steam to circulate, about 10-by-14 inches. Fold the parchment paper in half to crease so that you'll have a 10-by-7-inch pouch to fold in a later step. Using a clean kitchen towel or paper towels, gently pat any excess moisture from the fillets. Arrange the oregano in the center of one of the rectangles that you've created by folding the parchment, then place fish on top of herbs. Season with salt and drizzle with olive oil. Scatter tomatoes and garlic around the fillet, then top the fish with lemon slices. Add in a handful of tender spring vegetables, if using.

Create a pouch by folding the parchment in half and sealing the edges, making overlapping folds. Fold the last corner under the package to secure the seal. Place the package on a sheet pan, then transfer to the oven to bake for 12 to 15 minutes, depending on the thickness of the fillet. Pacific cod is medium-done when the thickest part of the fillets register at 130°F on an instant-read thermometer or when flaked easily with a fork. The pouch can be opened up to check doneness and refolded imperfectly to continue cooking until fish reaches desired doneness.

Serve the pouch on a plate and cut open from the center, preserving all the juices in the paper. Serve alongside rice or your favorite grain.

Crispy Seared Sockeye

With Creamy Dill Sauce

Yield: 1 serving

Ingredients

2 (6 oz.) portions sockeye salmon

½ cup mayonnaise

3 tablespoons prepared horseradish, or more to taste

¼ cup fresh dill, chopped, plus more for garnish

½ medium shallot, thinly sliced

Salt and pepper

2 tablespoons extra-virgin olive oil, divided

Juice of half a lemon

I can honestly say that I didn't really understand the essence of dill until I tasted it with salmon. It's one of those meant-to-be unions that just sings, crafting a lovely, unexpected tension of flavors that makes every bite a legitimate wow moment. Dill brings balance to the subtle kick of heat in a creamy horseradish sauce. It's a perfect pairing for wild sockeye salmon, whose robust taste is tempered by the cool creaminess of the dill sauce — spoon it generously over the fish, as well as any vegetables that might be on your plate.

Combine the mayonnaise, horseradish, dill, and shallot together in a small mixing bowl. Season with salt and pepper to taste. Store the sauce in the refrigerator until ready to serve.

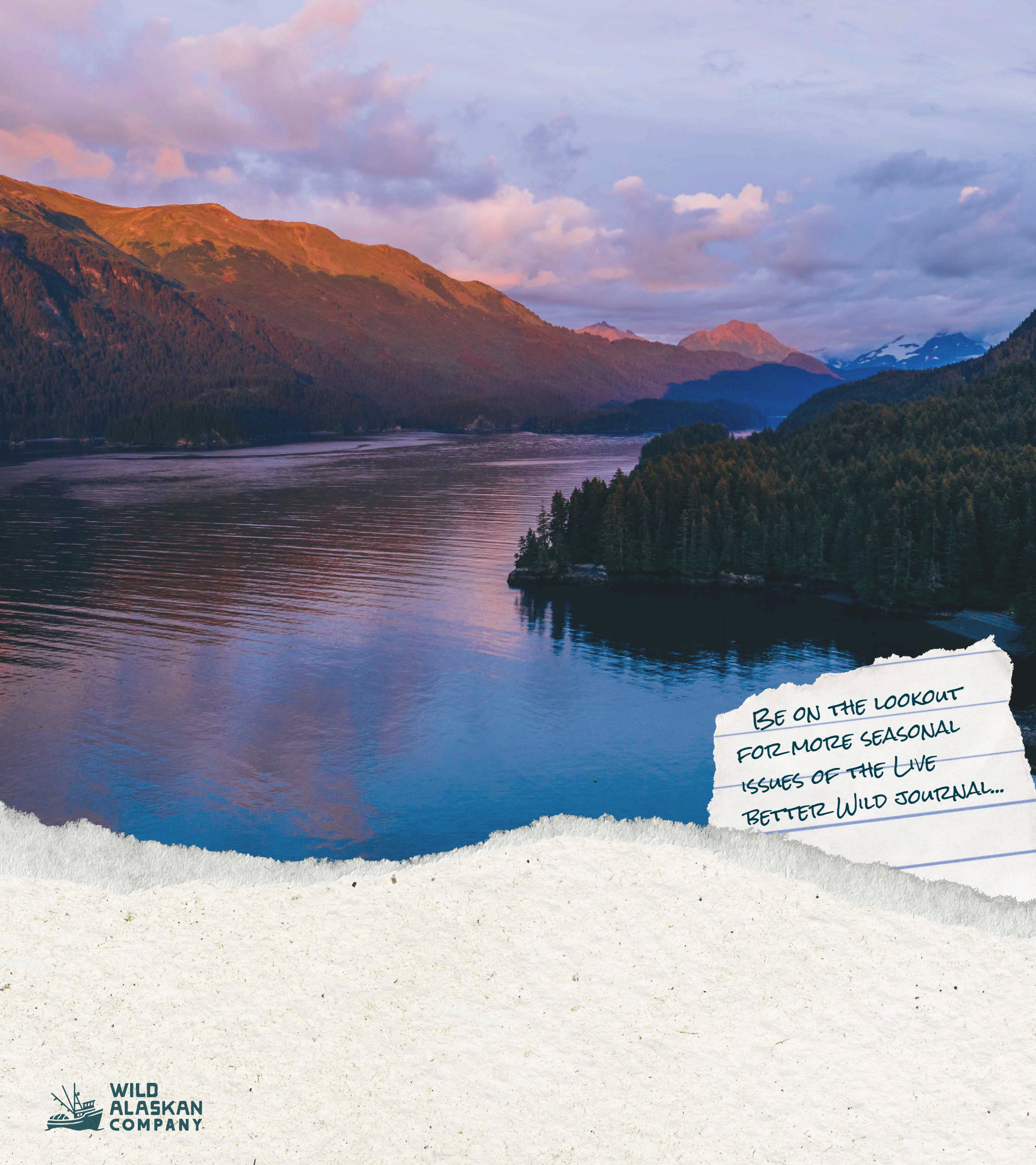
Heat a large skillet over medium-high heat. Meanwhile, pat the fish dry to remove excess moisture. Season with salt and pepper.

When the skillet is hot, add just enough oil to cover the bottom. When oil is sizzling hot, carefully place one fillet skin-side down into the skillet and immediately press down onto the fillet with a fish spatula to ensure good skin-to-pan contact. Hold firmly for 15 seconds, then repeat with the remaining fillet.

Reduce the heat to medium. Sear each fillet for 3 to 4 minutes, or until the salmon releases easily from the skillet with the help of a fish spatula. Carefully flip and cook for another 1 to 3 minutes depending on the thickness of the fillets. Salmon is medium-rare when the thickest part of the fillet registers at 120°F on an instant-read thermometer, or when flaked easily with a fork. Add a minute or two of cook time as desired.

Transfer to serving plates. Generously spoon the horseradish sauce alongside the fillet and garnish with more dill. Serve with roasted vegetables such as potatoes, broccoli, carrots, or asparagus. Leftover sauce may be refrigerated for up to a week.





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