



Crispy Salmon w/Lemon Sauce & Avocado Salad

by **Michael Symon**



This dish balances crispy salmon skin, bright lemon sauce, and creamy avocado-feta salad. A hint of red curry paste gives it a surprising pop, while olives and herbs bring it home. Elegant enough for dinner guests, easy enough for a weeknight.

Prep Time:
15 Minutes

Cook Time
20 Minutes

Serves:
2-3 Servings

Level:
Intermediate

Ingredients

- 2 salmon fillets, skin on
- Salt and black pepper
- 1 tbsp olive oil or butter
- 1 cup chicken stock
- 1 lemon (zest and juice)
- 1 small onion, roughly chopped
- 1 celery stalk, chopped
- 1 carrot, chopped
- 3 egg yolks
- ½ cup feta cheese, crumbled
- 1 avocado, diced
- ½ cucumber, diced
- 1 tbsp red curry paste (optional)
- 6-8 kalamata olives, chopped
- Extra virgin olive oil, for finishing

Instructions

Step 1

Prep the Salmon:

Pat dry and season both sides with salt and pepper. Heat oil in a pan over medium-low. Place salmon skin-side down, weight lightly with a bowl or press, and cook until skin crisps.

Step 2

Build the Broth:

In a small pot, combine chicken stock, onion, carrot, celery, lemon zest, and juice. Simmer until slightly reduced.

Step 3

Make the Lemon Sauce (Avgolemono)

Whisk yolks in a bowl. Slowly temper with hot broth, then return to low heat and stir until slightly thickened. Do not boil. Season with salt and pepper.

Step 4

Make the Salad:

Combine cucumber, avocado, feta, olives, and red curry paste in a bowl. Toss with olive oil, salt, and pepper.

Step 5

Finish the Salmon:

Transfer salmon to a 300°F oven for 10 minutes, skin-side down, until medium. If skin releases, crisp separately and serve as salmon “chicharrones.”

Serving & Finishing

- Spoon salad onto a platter, top with salmon, drizzle with lemon sauce
- finish with olive oil and cracked pepper.