

# Seafood Charlie Recipe

## Pomegranate & Red Wine Roasted Salmon

A Seafood Charlie Recipe

Prep: 20 minutes

Roast: 15 minutes

Serves: 4

### Ingredients

1 cup dry red wine (such as Pinot Noir)

3/4 cup pomegranate seeds

1 shallot chopped

2 tablespoons honey

2 tablespoons unsalted butter

4 boneless salmon fillets (about 1 1/4 pounds)

### Recipe

1. Preheat oven to 400 degrees. In blender, blend wine and 1/2 cup pomegranate seeds; strain through fine-mesh strainer into small bowl and discard pulp.
2. In small saucepan, heat shallot, honey and pomegranate-wine mixture to a boil over high heat; reduce heat to medium and simmer 8 minutes or until reduced by 1/2. Remove from heat; stir in butter. Makes about 1/2 cup.
3. Place salmon, skin side down, in 8-inch square baking dish; sprinkle with salt and pepper. Pour wine mixture over salmon. Roast salmon 15 minutes or until internal temperature reached 145 degrees. Serve salmon drizzled with pomegranate seeds. Garnish with thyme sprigs, if desired.

Enjoy!