



Salmon with Plum Lavender Sauce

1 lb salmon filet
1-2 tbl. olive oil
½ cup white wine
Salt, pepper to taste
1 cup Plum Lavender Sauce
½ fresh lemon, juiced
½ cup blueberries

Plum Lavender Sauce

12 cups chopped plums
3 medium onions, chopped
2-4 tbl olive oil
10 cloves garlic, minced
1 bottle Pinot Noir or other low tannin red wine
8 dried sprigs lavender
8 sprigs thyme
1 tnl kosher salt
1 tsp white pepper

Preparation

Salmon:

1. In a large fry pan on medium heat sauté the salmon, skin side down, in the olive oil alone for about 3 minutes.
2. Add the wine to the pan, salt and pepper the salmon, and cover the pan for about another 5 minutes. Time depends on the thickness of the salmon. This timing works well for a filet less than an inch thick.
3. In a small saucepan, reheat the Plum Lavender sauce if previously prepared. Add in the blueberries, lemon juice, and cook until the blueberries pop or are slightly soft. Add salt and pepper to taste. Cut the filet into two pieces, and serve with the Plum Lavender Sauce ladled over it on the plate.

Plum Lavender Sauce:

1. The plums and onions should be chopped into ½ inch pieces.
2. Add the oil to a large saucepan over medium heat. Sauté the onions until soft and translucent, then add the garlic. Cook until the garlic is aromatic.
3. Wrap the lavender and thyme sprigs separately in cheese cloth. Add the sprigs to the saucepan, along with the plums and wine. Remove the thyme, but not the lavender, after about 10 minutes. Simmer until the fruit is tender, and the wine starts to reduce; about 20 minutes.
4. Add the salt and pepper to taste.
5. Let the sauce cool just a bit so you can handle it, then ladle the sauce into pint size jam jars for storage, leaving about ¼ - ½ inch air space at the top. The sauce shouldn't need refrigeration, as the jam jars should seal tight.

This is more than enough salmon for 2 people, and certainly scales easily to more people.

If you've made the sauce ahead of time, this is an easy main course to prepare. The sauce should reheat in the time that you're cooking the salmon, about 15 minutes. We served this with a lentil dish, similar to the [Vegetarian Lentil](#) recipe, with both the salmon and lentils atop a bed of fresh spinach. We had this with the 2006 Owen Roe Pinot Noir, from Eola/Amity Hills in Oregon.

The Plum Lavender Sauce is inspired by a recipe for Duck with Lavender & Plums by Lynne Char Bennett, published 23 August 2007 in the San Francisco Chronicle. Enjoy!