

Salmon Steaks

3 salmon steaks
Kosher salt
Ground black pepper
2 tablespoons organic Canola oil
3 tablespoons butter
1 tablespoons capers, drained
1 lemon, juiced

Heat a heavy pan over medium high heat.

Season fish on meat side with salt and pepper. When pan is good and hot, add Canola oil followed immediately by 1 tablespoon butter. As soon as foaming subsides, place fish in pan and cook for 2 minutes each side (depending on thickness of steak).

Pour out the cooking fat, add remaining butter and quickly fry the capers. Remove pan from the heat, add lemon juice to pan and swirl. Pour sauce over the fish and serve.