



Salmon with Easy Blender Hollandaise

This recipe calls for cooking the salmon in a skillet on the stovetop, but you can just as easily roast the salmon in the oven (at 400 degrees), or toss it on the grill. For both these options, we suggest placing the fillet(s) on foil to make cleanup easier. You can even cook frozen salmon, in fact, we recommend it.

- 1 tablespoon garlic powder
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1-2 lbs salmon fillet(s)
- 2 tablespoons butter

Directions

Stir together the garlic powder, salt and pepper in a small bowl; rub in equal amounts onto the salmon fillets. Melt the butter in a skillet over medium heat; cook the salmon in the butter until browned and flaky, about 5 minutes per side (if frozen, this will be more like 8-9 minutes per side).

For the Sauce

- 3 egg yolks
- 1/4 teaspoon Dijon mustard
- 1 tablespoon lemon juice
- 1 dash hot pepper sauce (e.g. Tabasco(TM))
- 1/2 cup butter

Directions

In the container of a blender, combine the egg yolks, mustard, lemon juice and hot pepper sauce. Cover, and blend for about 5 seconds. Place the butter in a glass measuring cup. Heat butter in the microwave for about 1 minute, or until completely melted and hot. Set the blender on high speed, and pour the butter into the egg yolk mixture in a thin stream. It should thicken almost immediately. Keep the sauce warm until serving by placing the blender container in a pan of hot tap water.