

Pan-Seared Salmon with Dill Sauce

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There's nothing quite like a perfectly seared piece of salmon with a rich, creamy sauce – it's the kind of dish that used to fly out of the kitchen at our Sonoma County restaurants . With a busy place, I always loved keeping things simple but flavorful. This pan-seared salmon with a warm dill cream sauce is just that: restaurant-quality flavor made easy at home, ready in under 30 minutes.

Things to know about this Pan-Seared Salmon with Dill Sauce

- **Quick & Easy:** From start to finish, this meal comes together in under 30 minutes – perfect for weeknights or a special weekend dinner.
- **Make-Ahead Options:** You can prep the dill cream sauce ahead of time and gently reheat it before serving.
- **Pan Choice:** A nonstick or stainless steel skillet works best for a crisp, golden sear.
- **Serving Ideas:** Pair with steamed asparagus, roasted potatoes, or a light rice pilaf for a complete meal.
- **Storage:** Leftover salmon and sauce can be stored separately in the fridge for up to 2 days. Reheat gently on low heat to avoid overcooking.

Variations

- **Herb Twist:** Swap dill for tarragon, parsley, or chives for a different fresh flavor.
- **Cream Swap:** Use half-and-half for a lighter sauce.
- **Citrus Kick:** Add orange or lime juice instead of lemon for a subtle twist.
- **Garlic-Free:** Omit the garlic for a milder sauce; caramelized onion alone adds plenty of flavor.
- Love easy, restaurant-quality dinners at home? Try this creamy dill salmon and check out more salmon favorites on the blog: **Salmon Florentine with Mushrooms** or **Salmon alla Puttanesca** for a **bold spicy kick**. And my **personal favorite quick and easy salmon piccate** for a **light bright flavor** Don't forget to save this recipe and share it with friends!





Pan-Seared Salmon with Dill Sauce

Prep Time: 10 minutes

Cook Time: 12–15 minutes

Total Time: Under 30 minutes

Servings: 2

Ingredients

• *For the Salmon*

- 2 salmon fillets (about 6 oz each)
- 2 tablespoon olive oil
- Salt & black pepper, to taste
- 1 teaspoon garlic powder
- 1 lemon wedge (for finishing)

For the Dill Sauce

- 2 Tbsp. butter
- 1 grated garlic clove
- 2 tbsp. grated onion
- 1 cup heavy cream
- 1/2 cup white wine
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- 1 small garlic clove, grated
- 2 tablespoons fresh dill, finely chopped
- 2 Tbsp. sour cream or plain Greek yogurt
- Salt & pepper, to taste

Instructions

1. Sear the Salmon

Pat the salmon fillets dry and season both sides with salt, pepper, and garlic powder.

Heat the olive oil in a skillet over medium-high heat.

Place the salmon skin-side down (if using skin-on) and cook for 4–5 minutes without moving, until the edges turn opaque and the skin is crisp.

Flip and cook another 2–3 minutes, or until cooked to your liking.

Transfer the salmon to a plate and set aside.

2. Make the Creamy Dill Sauce

In the same skillet, lower the heat to medium and add the butter .

Add the grated onion and grated garlic, sautéing until soft and fragrant, about 1–2 minutes.

Add a small splash of lemon juice (optional). Deglaze the pan with the wine waiting until absorbed before continuing with the recipe.

Pour in the heavy cream and bring to a gentle simmer.

Let it cook for 2–3 minutes until slightly thickened.

Stir in Dijon mustard, then season with salt and pepper.

Remove from heat and stir in the fresh dill and 2 Tbsp. of sour cream or plain Greek yogurt

3. Serve

Return the salmon to the pan or plate the fillets and spoon the warm dill cream sauce over top and more fresh dill. Serve with lemon slices