

# Salmon Fillets with Orange and Leek Sauce

Phyllis Carey, cooking instructor



*Luscious and simple at the same time.*

3 tablespoons unsalted butter

4 large leeks, halved, white and pale green parts only, sliced

1 teaspoon sugar

1 teaspoon fresh thyme

6 pieces salmon fillets

1 teaspoon orange zest

3/4 cup heavy cream

1/3 cup dry white wine

2 tablespoons fresh chives, cut in 1-inch lengths

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

**Servings: 6**

Notes: Serve with a rice side, fairly simple style, maybe with almonds in it. Asparagus goes particularly well with this.

1. Melt butter in heavy, large skillet over medium heat. Add leeks and sprinkle with sugar and thyme. Season with salt and pepper. Saute 4 minutes. Reduce heat, cover, and cook until very soft, stirring occasionally, about 10 minutes.
2. Season salmon with salt and pepper. Arrange atop leeks and sprinkle with orange zest. Add cream and wine. Cover pot again and cook until fish is opaque, about 10-12 minutes. Transfer fish to plates and cover to keep warm.
3. Boil sauce until slightly thickened, about 3 minutes. Season to taste with salt and pepper. Pour sauce over fish. Garnish with chives.

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Per Serving (excluding unknown items): 399 Calories; 23g Fat (52.9% calories from fat); 36g Protein; 10g Carbohydrate; 1g Dietary Fiber; 145mg Cholesterol; 139mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.