

Salmon Fillets with Orange and Leeks

Phyllis Carey, cooking instructor



Servings: 6

*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, or orange juice
2 tablespoons fresh chives, cut in 1-inch lengths, garnish
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 keep warm. If using thinner (wild) salmon, cook for 4-8 minutes, depending on thickness. Fish is done when the internal temp reaches 135°F.
3. Boil sauce until slightly thickened, about 3 minutes. Season to taste with salt and pepper. Pour sauce over fish. Garnish with chives.



Luscious and simple at the same time.

Per Serving (excluding unknown items): 678 Calories; 32g Fat (43.6% calories from fat); 82g Protein; 10g Carbohydrate; 1g Dietary Fiber; 342mg Cholesterol; 219mg Sodium; 4g Total Sugars; trace Vitamin D; 103mg Calcium; 4mg Iron; 1849mg Potassium; 1164mg Phosphorus. Exchanges: .