

Salmon Fillets with Orange Scallion Sauce

Adapted from an old Phillis Carey recipe



Servings: 2

1. Melt butter in heavy, large skillet over medium low heat. Add green onions and sprinkle with sugar and thyme. Season with salt and pepper. Saute 2-4 minutes until onions are limp but not browned.
2. Season salmon with salt and pepper. Arrange atop green onions and sprinkle with orange zest. Add cream and orange juice. Spoon some of the sauce over the top of the salmon. Cover pan and cook over low heat until fish is opaque, about 10-12 minutes. Use an instant read thermometer and do not cook the fish past 135°F in thickest part. Transfer fish to plates and keep warm.
3. Boil sauce until slightly thickened, about 3 minutes. Season to taste with salt and pepper if needed. Pour sauce over fish. Garnish with chives.

- 1 tablespoon unsalted butter
 - 3 green onions, halved, white and pale green parts only, sliced
 - 1/3 teaspoon sugar
 - 1/3 teaspoon fresh thyme
 - 8 ounces salmon fillets, cut into serving pieces
 - 1 teaspoon orange zest
 - 3 tablespoons heavy cream
 - 1/8 cup orange juice, or white wine
 - 2/3 tablespoon fresh chives, cut in 1-inch lengths
- Serving Ideas: Serve with a rice side, fairly simple style, maybe with almonds in it. Asparagus goes particularly well with this.*

Per Serving (excluding unknown items): 277 Calories; 18g Fat (58.7% calories from fat); 24g Protein; 5g Carbohydrate; 1g Dietary Fiber; 105mg Cholesterol; 89mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com