

Steamed Salmon with Lemon Butter and Spinach

Adapted from Food & Wine



Servings: 4

NOTE: Select a pan or pot that will hold a steamer rack or similar device and be tall enough that the lid won't touch the salmon. Or use a steam setting on a rice cooker or instant pot.

1. In a large pot, bring about an inch of water to a boil.
2. Season the salmon fillets with ample salt and pepper. Place them in a large steamer basket, skin-side down. Or improvise with a rack, a piece of foil that you poke about 20-30 holes in, and place that on top of the rack.
3. Place the steamer basket with the fish over (not in) the boiling water and cover the pan. Reduce heat to a full simmer and cook the salmon until it is just barely done (the fish should still be translucent in the center), about 5 1/2 minutes for a 1-inch-thick fillet. Do not over cook. Use an instant read thermometer and it's done at 135°F.
4. Meanwhile, in a small stainless-steel saucepan, melt the butter. Add the lemon juice plus a dash of salt and pepper. Taste sauce to see if it needs additional lemon juice; if so, add in small increments. Keep warm.
5. Remove salmon, tent with foil, then empty the pan of water. Add butter and melt it, then add the spinach, pressing and nestling the spinach until it's all in the pan. Stir well and continue cooking until spinach is fully cooked. Add lemon juice, salt and pepper to taste.
6. Serve the salmon with the lemon butter sauce poured over it and spinach on the side. You may use frozen spinach for this.

SALMON:

2 pounds salmon fillets, cut into 4 pieces
salt and pepper to taste

LEMON BUTTER SAUCE:

4 tablespoons unsalted butter
2 teaspoons lemon juice, or more if you like more
lemony flavor

SPINACH:

1 pound spinach, tough stems removed
1 tablespoon butter
1 tablespoon fresh lemon juice
Salt and pepper to taste

Per Serving (excluding unknown items): 426 Calories; 23g Fat (49.4% calories from fat); 49g Protein; 5g Carbohydrate; 3g Dietary Fiber; 206mg Cholesterol; 227mg Sodium; 1g Total Sugars; 0mcg Vitamin D; 142mg Calcium; 4mg Iron; 1618mg Potassium; 703mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com