Salmon Fillets with Leeks and Orange Sauce

My own creation



For two servings, you'll need one orange.

12 ounces salmon fillets

2 small leeks, trimmed, cleaned, halved, sliced

1 tablespoon unsalted butter

Zest of 1/2 orange

2 tablespoons orange juice (from the orange you zested)

1 tablespoon maple syrup (the real stuff, not the fake type)

1/4 cup orange supremes (also from the one orange you're using)

3 tablespoons heavy cream

Salt and fresh ground black pepper to taste

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

Servings: 2

If you want to use more orange zest, you may - it will be VERY orangey, however. The maple syrup counteracts any bitterness, but I think half the zest is sufficient.

1. Zest the orange first and set aside. Cut off the peel and pith, then cut out the little orange supremes. Set those aside. Then squeeze the orange of any remaining juice which you'll use later on.
2. Rinse and pat dry the salmon fillets. Rest on a paper towel to absorb any additional moisture, while you prepare and cook the leeks.
3. In a medium-sized, nonstick skillet heat the butter over medium heat. Add the leeks and stir frequently as they cook, about 10 minutes. When they're soft, add the orange juice and maple syrup and stir to combine.
4. Move most of the leeks to one side and add the salmon fillets. Cover the pan, reduce heat and simmer for 6-8 minutes (or longer), depending on the thickness of the salmon. When you can begin to see the white collagen seeping up to the top of the salmon, it's done. Remove salmon to heated plates and loosely cover in foil.
5. Raise the heat in the pan and add the cream and orange zest. Allow to simmer gently until the cream has reduced by half. Add the orange sections, cover and simmer for about a minute, until the oranges are heated through. Pour the leek mixture over the salmon and serve immediately.

Per Serving (excluding unknown items): 412 Calories; 20g Fat (44.2% calories from fat); 36g Protein; 21g Carbohydrate; 2g Dietary Fiber; 135mg Cholesterol; 142mg Sodium. Exchanges: 5 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 Fat; 1/2 Other Carbohydrates.