



Salmon and Spinach with Creamy Wine Sauce

Recipe by Sophie - Lieblingsrezepte (favourite recipes), found at https://www.youtube.com/watch?v=Jf7ik94_XnI

Salmon is a great fish to cook! It has so much flavor and texture that it nearly impossible to overshadow the fish, no matter how you cook it. I stumbled over this recipe, tried it, and it quickly shot into the running for best salmon so far!

Ingredients:

4 pieces of salmon (cut about 3 inches wide across a fillet)
2 tbsp olive oil
250 ml (1 cup) Heavy Cream
120 ml (1/2 cup) Dry white wine
50 g (1/3 cup) Parmigiano Reggiano, grated
1 tbsp butter
1 shallot
4-5 garlic cloves
bunch of spinach, roughly chopped
1 lemon (cut 5 or 6 slices about 1/8" thick, keep an end or wedge for squeezing)
Thyme
Salt, black pepper
Parsley (optional)

1. Cut your salmon into four manageable pieces across the fillet, each about 3 inches wide. Salt and pepper to taste. Squeeze the juice of the end or wedge over the fish. Let it marinate for about 15 minutes.

2. Put into a pan 2 Tablespoons of olive oil and heat until slightly shimmering. Add the salmon to the pan and fry, about 4 minutes on the first side, flip, and about 2 minutes on the second side. When done, carefully remove the salmon from the pan and set it aside.

Note: You can cook your salmon initially in whatever way you want.

3. To the pan, add 4-5 cloves of garlic (diced), 1 shallot (diced), and 1 tablespoon of butter. Cook on medium heat until garlic and shallots are lightly browned, about 1 minute.

3. Add to the pan 1/2 cup dry white wine and cook for 1-2 minutes, stirring

regularly.

4. Add 1 cup heavy cream. (stir)

5. Add salt and pepper to taste. (stir)

6. Add 1/3 cup grated Parmigiano Reggiano cheese. (stir)

7. Add a few sprigs of thyme, stir, and simmer for 2 minutes.

8. Add the chopped spinach and lemon rings.

9. Return the salmon to the pan. Spoon sauce over the salmon, and simmer for about 2 minutes.

10. Sprinkle chopped parsley over the top, if desired.

This is now ready to serve and eat! You may want to serve this in the pan it was cooked in, as it is beautiful, and moving it to another serving dish will probably take some of that away.

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