

Steamed Salmon w/ Lemon & Dill

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 20 minutes

Step 1: Preparing the Steaming Basket

- 1 fresh lemon
- 4 large sprigs fresh dill
- sea salt (to taste)
- freshly ground black pepper (to taste)

Set up a steamer. Fill with one inch of water and place over medium-high heat. Refer to the lessons on Steaming for more information, if necessary.

Thinly slice the lemon and line the steaming basket with the slices. Place the dill over the lemon slices.

Season both sides of the salmon with salt and pepper to taste. Place the salmon over the dill, making sure to leave space in between the filets so the steam can evenly surround the fish.

Step 2: Steaming & Serving the Salmon

- 1 lb salmon fillet, cut into 3 portions
- 1/2 fresh lemon (for finishing)
- fresh dill (for garnish)
- extra-virgin olive oil (for drizzling, optional)

Once the water has come to a simmer, place the steaming basket over top and cover with a lid. Depending on the thickness of the fish, let steam for about 5 to 10 minutes or until the fish is cooked to your liking. Make sure to check the fish sooner than later, so it does not overcook.

In the mean time, roughly chop the dill.

Once the salmon is cooked to your liking, remove it from the steaming basket and plate. Squeeze fresh lemon juice over top and sprinkle with fresh dill. Drizzle with a touch of extra-virgin olive oil, if desired and serve immediately.