

Steamed Salmon & Creamy Cabbage

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 30 minutes

Step 1: Steaming the Cabbage

- 1/2 head green cabbage
- pinch sea salt

First, set up two steamers and fill each with at least one inch of water. Place over medium-high heat. Refer to the lessons on Steaming for more information, if necessary.

As the water comes to a simmer, prepare the cabbage. Trim off the outer leaves, if necessary. Cut the cabbage into quarters and remove the core. Slice the cabbage into roughly 1/2" x 1" -inch pieces. Wash and spin dry. Set aside.

Once the water has come to a boil, place the cabbage in the basket, sprinkle with a bit of salt and transfer to the steamer. Cover with a lid and steam for about 10 minutes or so, stirring half way through so the cabbage cooks evenly.

In the meantime, begin the sauce.

Once the cabbage is softened and cooked through, remove the steamer basket from the heat and set aside.

Step 2: Starting the Dish

- 1 shallot
- 1 tbsp unsalted butter
- 1/2 cup heavy cream
- sea salt (to taste)
- white pepper (to taste, optional)
- four 5-ounce salmon filets
- 1 tbsp fresh dill

To start the sauce, first mince the shallots lengthwise. Heat a small pan over low heat and add the butter and shallots. Sweat until softened, about 5 to 8 minutes.

In the meantime, season the filets with salt and pepper. Spray a second steaming basket with a thin film of oil and lay the fish inside. Steam the fish over gently simmering water until done, about 5 to 10 minutes, depending on the thickness. Make sure to test the fish for doneness sooner than later to avoid over-cooking.

Add the cream to the shallots and turn the heat up to medium. Let the sauce simmer gently and reduce slightly. Season to taste with salt and white pepper. Fold in the steamed cabbage.

Chop the dill and set aside.

Step 3: Finishing the Dish

- 1/2 fresh lemon

Once the fish has finished cooking, be ready to plate. Squeeze a bit of fresh lemon juice over top of the salmon.

Divide the cabbage among four warmed, shallow bowls. Spoon the cream around the cabbage. Place a piece of salmon on top and sprinkle with the fresh dill. Serve immediately.