

Cold steamed wild salmon with spinach salad

Great for a hot summer day.

Salmon

¾ lb wild salmon filet
1 lemon
Salt and pepper

Salad

2 cups fresh spinach, clipped and
cleaned
¼ cup sliced, toasted almonds
2 tomatoes, quartered

Dressing

2 Tbsp fresh squeezed orange juice
1 ½ Tbsp olive oil
1 tsp apple cider vinegar
1 pinch salt and pepper

Fill steamer with water and heat (bamboo, metal, or electric steamers are fine). Remove any bones or sinew from the salmon. Form a square of parchment paper into a tray by turning up the edges, and place salmon on it. Do not cover the salmon. Squeeze about a tsp of lemon juice over the salmon, then lightly salt and pepper. Steam the salmon for 8 to 10 minutes on full heat.

Remove salmon from the steamer, reserving any liquid from the parchment tray and place in the refrigerator to cool for about 1 hour.

While the salmon cools, combine all salad dressing ingredients in a large mixing bowl and whisk. Add salad ingredients and toss. Plate the salmon with the salad and pour 1 tsp of the salmon juices over the fish.

Serves 2