

Alaska Salmon Piccata



Preparation Time: 15 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

1-1/2 Tablespoons olive oil, divided
6 cups fresh chopped kale leaves
1/4 cup chicken broth
Salt and pepper, to taste
1/3 cup Wondra® flour
1/4 teaspoon cayenne pepper
1-1/2 teaspoons dried dill, divided
4 Alaska Salmon fillets (4 to 6 oz. each)
1 Tablespoons capers, drained
1/2 cup sauvignon blanc wine
1/4 cup water
1/4 cup fresh lemon juice
2 Tablespoons cold unsalted butter, cut into pieces
2 Tablespoons heavy or half-and-half cream
2 Tablespoons chopped chives (or chopped fresh dill)

Description:

Heat 1/2 tablespoon olive oil in frying pan. When it sizzles, add kale. Stir in chicken broth, salt and pepper, to taste. Cover and simmer until tender, about 2 to 3 minutes; keep warm.

Add flour, cayenne, 1 teaspoon dill and salt and pepper, to taste, together into a sealable plastic bag. Place Alaska Salmon fillets in bag, one at a time, seal, and toss to coat. Sauté salmon in 1 tablespoon olive oil, about 3 minutes each side, cooking just until fish is opaque throughout. Remove salmon to a plate; keep warm.

In same pan, add capers and remaining dill. Smash capers to release juice, then cook about 30 seconds. Add wine, water and lemon juice, and cook over medium heat until sauce is reduced by about half. Add butter and whisk as it melts. Stir in cream; simmer until it thickens, stirring constantly, about 3 to 4 minutes. Add salmon back to the sauce and heat through, spooning sauce over top.

To serve, divide kale into 4 equal portions on plates. Top each with salmon fillet and spoon sauce over all.