



Chef Eric's Savory Seasonings - SMOOTH

Chef Eric's Smooth Steamed Salmon Filets with White Wine, Lemon and Dill

Salmon filet, skinless and boneless
Chef Eric's Smooth Spice Blend
Lemon, sliced
White wine
Dill, chopped fresh
Dill sprigs, fresh

Yield: 4 Servings

4 – 6 ounce filets
2 tablespoons
1 each
1/2 cup
1/4 cup
8 each

Method:

1. Season well with Chef Eric's Smooth Spice Blend – coat fish on both sides.
2. In a sauté pan, place the fish, chopped dill, 8 slices of lemon and wine. Add enough water to come up 1/8" up the side of the fish.
3. Cover the pan with a tight lid and place on high heat. Once the water comes to a boil, lower the heat to medium and poach the fish for about 5 minutes.
4. Turn off the heat and let the pan sit, covered, for another 4-5 minutes, or until the fish flakes with a fork. Remove from the pan and keep warm.
5. Serve on a warm plate. Garnish with dill sprigs and the remaining lemon slices.

*Any type of fish works well with this dish – a white fish or halibut or swordfish.