

Salmon with Pasta & Peas in a Creamy Lemon - Dill Sauce

Ingredients

Salmon

1 whole salmon filet
One whole lemon, sliced into 10 thin slices
2 leafy sprigs fresh dill, whole
1 shallot, thinly sliced
1/4 cup white wine
1/4 cup olive oil
3 pats salted butter

Sauce

3 cups heavy cream
1/4 stick of butter
1 clove of garlic
zest and juice of 2 large lemons (zest first in two separate containers)
1 cup frozen peas (no need to defrost)
salt and fresh cracked black pepper to taste
3 sprigs fresh dill, finely chopped with thick stems removed

Pasta

1 - 16-ounce box of pasta, uncooked



Preparation

Pre-heat the oven to 450 degrees.

Roll out enough heavy duty aluminum foil to create a pouch to wrap the salmon. Place this foil on the sheet pan for baking. Place three pats of butter on the foil. Lay the filet on top of the butter so that the butter is placed evenly under the fish. Pour the wine on the salmon from end to end. Pour the olive oil on the salmon from end to end. Place the lemon slices in two rows from end to end. Evenly distribute the dill sprigs from end to end.

Cover tightly with more heavy duty foil and bake for 8 minutes for medium-rare or 10 minutes for medium or 12 minutes for medium well. Once the salmon is cooked to proper temperature, open the foil to release steam and heat and allow the fish to cool. Move salmon to a dish and pour poaching liquid into a small bowl. Set both aside.

Cook the pasta until just al dente. I usually cook it a couple of minutes LESS than the package tells me to, this way the pasta retains some bite. Drain, and lightly toss with olive oil and set aside. Place the fish and pasta in the refrigerator until 30-40 minutes before you begin making the sauce.

You can do the above in advance

Twenty minutes before serving time, heat the cream in an x-large saute/skillet pan. Add the poaching liquid and bits and bring to a slow boil. Next add the frozen peas, the flaked salmon, the lemon juice, zest of one lemon, and the salt and pepper to taste and heat everything through and through. Finally, add the cooked pasta mix

everything well. Allow pasta to simmer in the sauce for 10 minutes to meld the flavors making sure the sauce is good and bubbly hot. Take the time to give it a taste, and adjust the salt and pepper, and maybe add more lemon if it needs more pow! or cream if it needs more sauce.

Garnish with finely chopped dill and the zest of the second lemon. Salmon and lemon

Note: You may choose only to use half of the salmon for a lighter meal. Then refrigerate the remaining half for salads later in the week.

