

Saffron Poached Fish with Greens



Sirve:

8 servings

Pieza:

Mega Skillet Limited Edition
Saladmaster Food Processor
small mixing bowl

Valora: ☆☆☆☆☆

Contribuido por:

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Descripción de la Receta:

A lovely light fish recipe entrée that is delicious served with steamed brown rice or soba noodles.

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1 cup
leeks or onions, fine dice
(160 g)
4 medium carrots, scrubbed and waffled, use Cone #5
3 stalks celery, washed, trimmed and thinly sliced on diagonal
¼ cup
white wine
(60 mL)
¼ teaspoon
saffron threads
(.2 g)
2 bunches collard greens, washed, ribs removed and chopped, medium dice
4 cloves of garlic, peeled and minced
1 ½ cups
fish or vegetable stock
(350 mL)
1 teaspoon
salt
(6 g)
fresh ground pepper
2 pounds
salmon filets, trimmed, skin removed and cut into 8 pieces

(.9
kg)

21-25 medium shrimp, raw, peeled and deveined
lemon wedges

Preparación :

1. Preheat Mega Skillet on medium heat. When several drops of water sprinkled on skillet skitter and dissipate, approximately 5 - 7 minutes, add leeks, carrots and celery. Sauté for 2 minutes, stirring occasionally.
2. Combine wine and saffron in a small bowl and set aside.
3. Add chopped collard greens and garlic to vegetables in the skillet and toss well to incorporate. Pour wine and saffron mixture over vegetables. Add stock, salt and fresh ground pepper; cover and cook. When Vapo-Valve™ starts clicking, reduce heat to low and cook vegetables for 3 minutes.
4. Remove cover and place salmon and shrimp in a pretty pattern on top of the vegetables. Turn heat back to medium, cover and cook. When Vapo-Valve™ starts clicking, reduce heat to low and cook for an additional 7 - 10 minutes until the shrimp is translucent and salmon is cooked.
5. Garnish with wedges of lemon.

Consejos:

- Substitute collard greens with another dark leafy green such as kale or swiss chard.
- Substitute salmon and shrimp for other firm fleshed, mild fish such as sea bass, halibut or cod.
- Add in additional nutritional benefits by including 1/4 cup dry wakame, soaked in cool water for 5 minutes and drained. Add wakame to skillet when adding collard greens. Wakame is a versatile sea vegetable high in calcium, rich in iodine, protein, iron and niacin.

Información nutricional por ración

Calorías: 196
Grasa Total: 5g
Grasa 1g
Saturada:
Colesterol: 88mg
Sodio: 502mg
Carbohidratos: 7g
Fibra 2g
Dietética:
Azúcar: 3g
Proteína: 29g
Analysis calculated using 4 cups of chopped collard greens