



Big City Salmon with Martini Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons butter
- ☐ 0.3 cup vermouth dry
- ☐ 4 servings parsley fresh chopped
- ☐ 0.3 cup hendrick's gin
- ☐ 0.3 cup heavy cream
- ☐ 4 servings martini sauce
- ☐ 1 teaspoon juniper berries whole chopped
- ☐ 4 servings juice of lemon fresh

- ☐ 2 tablespoons olive oil (if sautéing)
- ☐ 1 teaspoon brined peppercorns dried green
- ☐ 6 pimiento-stuffed queen olives sliced into rings
- ☐ 24 ounce salmon fillet
- ☐ 4 servings salt and pepper
- ☐ 1 tablespoon shallots minced

Equipment

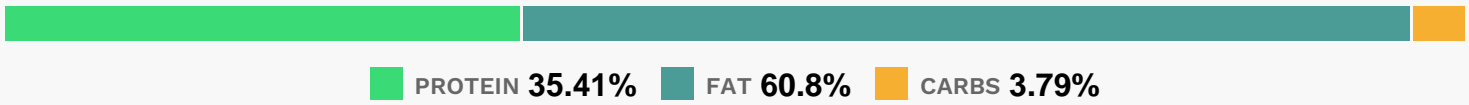
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Season each piece of salmon with salt and pepper and sprinkle with a little chopped parsley. If sautéing, heat the olive oil in a wide skillet and cook the fish, about 3 minutes on the first side, then about 2 minutes on the second side to achieve a medium-rare temperature. (Increase the cooking time by about 90 seconds on each side if you want the salmon to be cooked through.) You may also grill or broil the salmon, as desired.
- ☐ Spoon the Martini Sauce over (or alongside) the cooked salmon and serve immediately. This salmon is delicious with boiled new potatoes or rice.
- ☐ Martini Sauce
- ☐ Place the shallots, gin, vermouth, juniper berries, and green peppercorns in a small saucepan and bring to a boil. Lower the heat and simmer until reduced to about 3 tablespoons liquid.
- ☐ Add the cream and reduce to 1/4 cup.
- ☐ Strain and return the liquid to the saucepan (discard the solids).
- ☐ Whisk in the butter.
- ☐ Add the olives and season to taste with lemon juice, salt, and a little pepper. Cover and keep warm while you prepare the salmon.
- ☐ Taste

- ☐ Book, using the USDA Nutrition Database
- ☐ From Crescent City Cooking by Susan Spicer and Paula Disbrowe. Copyright (c) 2007 by Susan Spicer and Paula Disbrowe. Published by Knopf.Susan Spicer was born in Key West, Florida, and lived in Holland until the age of seven, when her family moved to New Orleans. She has lived there ever since, and is the owner of two restaurants, Bayona and Herbsaint. This is her first cookbook.Paula Disbrowe was the former Cowgirl Chef at Hart & Hind Fitness Ranch in Rio Frio, Texas. Prior to that, she spent ten years working as a food and travel writer. Her work has appeared in The New York Times, Food & Wine, and Saveur, among other major publications.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.14, Inflammation Score:-7, Nutrition Score:28.583478015402%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 439.08kcal (21.95%), Fat: 26.37g (40.57%), Saturated Fat: 7.47g (46.72%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 3.24g (1.18%), Sugar: 1.31g (1.45%), Cholesterol: 115.74mg (38.58%), Sodium: 422.7mg (18.38%), Alcohol: 6.43g (100%), Alcohol %: 3.19% (100%), Protein: 34.56g (69.11%), Vitamin B12: 5.44µg (90.62%), Selenium: 62.66µg (89.51%), Vitamin B6: 1.42mg (70.89%), Vitamin B3: 13.47mg (67.34%), Vitamin K: 70.57µg (67.21%), Vitamin B2: 0.68mg (40.17%), Phosphorus: 355.28mg (35.53%), Vitamin B5: 2.92mg (29.15%), Vitamin B1: 0.4mg (26.55%), Potassium: 897.1mg (25.63%), Copper: 0.45mg (22.4%), Vitamin A: 710.72IU (14.21%), Vitamin C: 11.41mg (13.84%), Magnesium: 54.51mg (13.63%), Folate: 53.3µg (13.33%), Vitamin E: 1.49mg (9.9%), Iron: 1.74mg (9.68%), Zinc: 1.2mg (7.97%), Calcium: 41.48mg (4.15%), Manganese: 0.05mg (2.3%), Fiber: 0.46g (1.82%), Vitamin D: 0.24µg (1.59%)