



Salmon Florentine

Camine Pappas / February 2019

INGREDIENTS:

4 6 oz. salmon filets, skin on, patted dry
1 t kosher salt, ½ t black pepper
2 T light oil such as grapeseed (High smoke point)
8 C fresh spinach leaves
Squeeze of fresh lemon juice
½ t fresh lemon zest
2 T mayonnaise
3 T grated parmesan
¼ t ground coriander
1/3 T ground ginger



METHOD:

Wilt spinach in a large pan with a drop or so of water. Remove and place in colander. When cool, after about 10 minutes, begin squeezing out ALL THE WATER. I begin by squeezing in my palms, then pushing it against the sieve, then wrapping it in a paper towel and squeezing several times. You end up with about 3/4 C of beautifully green and fresh spinach. In that same bowl add the mayo, lemon zest and juice, cheese, spices, and a bit of salt and pepper. Mix and set aside.

Rub a bit of oil on the salmon filets and a bit of kosher salt. Heat the oil in a pan until hot. Place the salmon, skin side down in the oil and sear until the skin is crispy and you begin to see the fish turn opaque about 1/3 of the way up from the bottom. Then flip the salmon over and sear on the other side. Be sure and regulate the temperature of the oil so that it doesn't smoke and burn the fish, but maintains a sizzle. When you see just a small thin layer of pink in the middle and everything else is opaque, gently spoon the spinach mixture over the top of the filet. You can invert the fish again to top the non-skin side with the Florentine, or do as I did and put on top of the crispy skin. YUM. Cover with a lid, turn to low, and let it steam and continue to cook for about another 3 minutes.

Remove and serve with your favorite sides! Can squeeze a bit of lemon on the top for serving if desired.

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