

Fresh Salmon With Sautéed Dilled Cabbage

White wine and shallots dress up cabbage to pair with salmon or salmon trout.

½	small head Ontario cabbage (preferably Savoy) (about 2 lb (1 kg))
4	salmon trout fillets or salmon steaks (about 2-1/4 lb (1.125 kg))
2 tbsp (25 ml)	teriyaki or oyster sauce
½ cup (125 ml)	dry white wine
2 tbsp (25 ml)	minced fresh shallots or 1 tbsp (15 ml) minced shallots in oil
1 tbsp (15 ml)	butter
Pinch	each, salt and white or black pepper
½ cup (125 ml)	coarsely chopped fresh dill
Light Lemony Cream:	
½ cup (125 ml)	sour cream
1½ tsp (7 ml)	grated lemon rind

1. Core and shred cabbage into ¼-inch (5 mm) thick slices; set aside.
2. Brush both sides of fillets or salmon steaks with teriyaki sauce; place on greased baking sheet and bake in 450°F (230°C) oven for 5 to 8 minutes for fillets, or 10 to 12 minutes for steaks or until fish flakes easily, when tested with fork.
3. Meanwhile, in a large deep skillet, combine wine, shallots and butter over medium-high heat, boil uncovered and stirring often, until reduced to ¼ cup (50 ml), about 5 minutes.
4. Stir in cabbage and cook, uncovered and stirring frequently, until slightly softened and bright green, 4 to 5 minutes.
5. Season with salt and pepper. Stir in ⅓ cup (75 ml) of the dill.
6. Arrange over platter or on individual dinner plates. Place fish on top. Sprinkle with remaining dill.
7. **Light Lemony Cream:** Stir together sour cream and lemon rind. Serve with fish.

Serves 4.

Nutritional Information per Serving

Protein:	54.0 grams
Fat:	27.0 grams
Carbohydrates:	9.5 grams
Calories:	497