

Quick Smoky Simmered Salmon with Chipotlé

Prep: 10 minutes ~ **Cooking:** 7 to 12 minutes ~ **Yield:** 4 servings

Ingredients & Directions

- 4 center-cut salmon fillets **or** 4 steaks (about 1 1/2-pounds)
- 1/2 cup filtered water, or enough to cover bottom of pan by 1/4 inch
- 1 bay leaf
- 1 teaspoon dry mustard
- 1/3 to 1/2 teaspoon ground chipotlé
- 1 1/2 teaspoons Wright's Natural Liquid Hickory Smoke Seasoning
- 1/2 teaspoon finely ground, unrefined sea salt **or** 1 tablespoon tamari soy sauce, optional, but desirable

1. Rinse fish, pat dry, and set aside.
2. Stir water, bay leaf, mustard, chipotlé, and liquid smoke in a 12- or 13-inch skillet. Add optional sea salt or tamari if desired. Add 2 to 4 tablespoons additional water if using an electric range
3. Arrange salmon pieces in skillet without overlapping. Cover and bring to a boil, reduce heat, and simmer fillets 7 to 9 minutes or steaks 8 to 12 minutes, or until a thin-bladed knife penetrates with little or no resistance and fish is nearly opaque throughout.
4. Transfer fish to plates. If excess liquid remains, simmer and reduce to about 1/4 cup and spoon over fish. Serve warm or cover and refrigerate for later. Use within 2 days.

Variations

- * **Quick Smoky Simmered Char with Chipotlé:** Replace salmon with Arctic char.
- * **Quick Smoky Simmered Sea Bass with Chipotlé:** Replace salmon with center-cut South American or Chilean sea bass fillets or steaks at least 3/4-inch thick.
- * **Smoky Salmon with Barbecue Sauce:** After removing fish from pan, add 1 cup Better Barbecue Sauce (Page 000) to skillet. Simmer and stir to thicken and warm. Spoon over fish and serve.

Nutrition

1 serving:

220 calories
31 g protein
10 g fat
34 mg calcium
75 mg sodium

When I was growing up I never tired of smoked salmon. I still love the flavor—but not all the sodium nitrates, nitrites, or sugar, so I created this dish. Don and I enjoy it hot or as a cold side dish with cooked greens or a tossed salad, and sweet potatoes, squash, root vegetables, or fruit. Leftover salmon is also delicious with fried or poached eggs or in scrambled eggs or an omelet for breakfast.

FYI: Look in the condiment aisle of a supermarket for a brand of natural liquid hickory smoke seasoning, such as Wright's, that's free of MSG, polysorbates, additives, sugar, salt, dyes, and chemical names or numbers.

Note: Double the recipe for more people or meals, but do not double the water. Use only enough to barely cover the bottom of the skillet.