

Salmon Pasta

Servings: 6

1 pound salmon fillet, skinned and pinbones removed, sliced 1/2" thick x 2" long
1 medium onion, chopped
4 cloves garlic, sliced thinly
1/4 teaspoon red pepper flakes
2 long strips lemon zest, yellow only, no pith
2 tablespoons olive oil
1 tablespoon butter
1/2 cup dry white wine
1/4 cup vodka
1 cup whipping cream, reduced by 1/2
1/2 teaspoon salt
1/2 cup parmesan cheese, grated
1/4 cup flat leaf parsley or cilantro, chopped medium

Sauté onion and red pepper flakes in olive oil and butter over medium low heat until soft, about 6 minutes. Add garlic and lemon zest. Cook for another 2-3 minutes. Add white wine, cook until reduced by 1/2. Add tomatoes, lower heat, and simmer until oil separates from liquid, about 20 minutes. Can be prepared to this stage up to 2 hours in advance.

While pasta is cooking, bring sauce to temperature over medium heat. Add cream, salmon, salt and vodka. Continue to cook until salmon is opaque, about 2-3 minutes. Remove lemon strips.

When pasta is al dente, set aside 1/2 cup of the water it was cooked in, and drain pasta. Return pasta to pot it was cooked in. Add sauce and parmesan cheese, and stir gently to distribute sauce and salmon throughout.

Serve pasta and sprinkle parsley or cilantro on top.

Salmon sauce for pasta

Per Serving (excluding unknown items): 269 Calories; 23g Fat (87.1% calories from fat); 4g Protein; 4g Carbohydrate; 65mg Cholesterol; 338mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.