

Low Carb Baked Salmon Steaks with Parsley, Vermouth and Cream

Karen Barnaby

The sauce also goes well with halibut, cod, sole and chicken.

- 4 6 oz salmon steaks, 1" thick
- 1 C dry white vermouth
- 1/4 C bottled or canned clam nectar
- 2 TBS minced shallots
- 1 clove garlic, minced
- 1 C whipping cream
- 1/4 C parsley leaves
- 1 TBS minced chives OR the green tops of green onion
- Salt and pepper to taste

DIRECTIONS:

Preheat the oven to 350° F. Arrange salmon in baking dish, without overlapping - sprinkle with salt + pepper - bake 10-15 minutes till salmon is just opaque in middle - cover and keep warm.

While salmon is baking, make the sauce. In small, heavy saucepan, combine vermouth, clam nectar, shallots + garlic - bring to boil - cook till mixture is reduced to 3/4 C - add whipping cream - boil till mixture is reduced to 1 1/2 C. Place half the mixture in blender or food processor - add parsley – purée - stir into remaining mixture. If you want a super smooth sauce you can press the sauce through a sieve, but it is not necessary. Return it to the pot - boil till mixture coats a spoon (2-3 minutes) - season with salt + pepper. Add pan juices from salmon and chives to the sauce. Place salmon on heated plates or a platter - pour the sauce around the steaks - serve immediately.

Serves 4

Total Carbohydrates: 16.22

Total Carbohydrates Minus Fiber: 16.08

Carbohydrates per Serving: 4.05

Carbohydrates per Serving minus Fiber: 4.02