
Curried Salmon on Dilled Fettuccine

½ cup	white wine	125 mL
1 Tbsp	butter	15 mL
	salt and freshly ground pepper, to taste	
1½ lbs	salmon steaks, skinned and cut into 4 pieces	750 g
1 cup each	chopped onion and sliced mushrooms	250 mL each
1 tsp each	curry powder and flour	5 mL each
2 cups	light cream	500 mL

1. In a skillet bring wine, butter and seasonings to a boil, add salmon, cover and poach for 3 minutes. Turn salmon, cover and cook another 2 minutes. Remove salmon to a plate, cover with foil and reserve.
2. Stir onions and mushrooms into the poaching liquid and cook over medium-high heat for 5–6 minutes.
3. Sprinkle curry powder and flour over mushroom mixture, and cook stirring for 1 minute. Slowly stir in cream, gently bring to a low boil and let thicken for 2-3 minutes. Cover and reserve.
4. When pasta is ready put the reserved salmon and any juices back into the curry sauce to reheat.

1 lb	fresh spinach fettuccine	500 g
¼ cup	butter	50 mL
2 Tbsp	chopped fresh dill	30 mL
2 Tbsp	fresh lemon juice	30 mL

1. In a large pot of boiling salted water cook the pasta for 2-3 minutes.
2. Heat the butter in a small skillet over high heat until butter turns nut brown, remove from heat and add dill and lemon juice.
3. Drain pasta, toss with dill butter. Serve on heated plates with salmon and sauce spooned on top.

Preparation time: 10 minutes

Cooking time: 25 minutes

Serves: 4