

Collard Wrapped Fish with Sunset Sauce



Makes:

2 servings

Utensil:

3 Qt./2.8 L Sauce Pan with Cover

2.5 Qt. (1.49L) Culinary Basket

Blender

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Recipe:

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Recipe Description:

Steamed fish is so easy and quick to prepare in the Saladmaster Culinary Basket. Wrap your fish in dark, leafy, nutrient-rich greens. Collard greens, which are mild in taste, are the perfect package. Collards are available year-round and an excellent source of calcium.

Use the aromatic steaming liquid to prepare a light and flavorful sauce for your fish. The star seasoning ingredient, ground turmeric, is the highest known source of beta carotene, is antibacterial, a potential anti-inflammatory and an antioxidant with many healing properties. Its golden sun color gives this sauce a beautiful finish.

1 8-ounce (227g)
cod fish filet, cut into 2 4-ounce (113g) portions
1/4 teaspoon
natural herb seasoned salt (such as Herbamare)
(1.5
g)
4 collard green leaves, cleaned, patted dry with stem cut out
of the middle
1 scallion, thinly sliced, garnish

Cooking Liquid

1 1/2
cups fish or vegetable (360 mL) 1/2
stock 2
cup white wine, (120 mL) cloves garlic, peeled and crushed 1
dry 1/2
red pepper, stem and seeds removed, small 1/2
dice 1/4
teaspoon turmeric, ground (1 g) teaspoon cumin, ground (1 g)
teaspoon natural salt (1.5 g) **Directions:**

1. Wash, trim and pat dry fish. Cut fish into 2 portions. Make sure fish will easily fit into culinary basket. If it is too big, cut into 4 2-ounce (57g) portions.
2. Season fish with herb salt and wrap each piece with collard green leaves. Make sure fish is securely wrapped.
3. Place wrapped fish pieces in culinary basket with ends tucked underneath fish. Place fish in a single layer in the culinary basket with room between each piece to allow proper cooking. Set aside.
4. Place fish stock, white wine, garlic, red pepper, turmeric, cumin and salt in bottom of sauce pan, stir to combine.
5. Cover and turn heat to medium-high. When Vapo-Valve™ clicks, carefully remove cover and insert culinary basket with fish packages in sauce pan. Cover.
6. When Vapo-Valve™ clicks, reduce temperature to low and cook for 7 minutes, or until fish is cooked through.
7. Remove culinary basket from sauce pan with cover on and place on top of a plate to keep warm.
8. Turn heat up to medium-high and cook liquid in sauce pan for 4 -6 minutes until liquid is reduced by half.
9. When liquid is reduced, carefully pour into a blender and blend until smooth. Taste sauce and adjust seasoning as necessary.
10. To serve, pour ¼ cup of sauce on bottom of a warm plate, place fish on top and garnish with sliced scallions.

Tips:

- Cod can be substituted with other firm white mild flavored fish.
- Serve steamed fish with rice or other grain for a heartier meal.
- Serve extra sauce in a small pitcher on the side.
- Leftover sauce freezes well and makes a nice accompaniment for other fish and shrimp dishes.
- Substitute collard greens for other dark leafy greens such as Swiss chard or kale.

Nutritional Information per

▼ Serving

Calories: 302
Total Fat: 4g
Saturated Fat: 1g
Cholesterol: 51mg
Sodium: 1584mg
Total 29g
Carbs:
Dietary Fiber: 5g
Sugar: 4g
Protein: 26g