



## *The Edible Garden*

Recipe featured at *Fiesta de Flores y Comida*, September 26

### **Salmon Filets in a Spinach–Nata Sauce**

By: Denisse Oller, chef, entrepreneur, writer,  
and creator of the Web site *Denisse's Table*

#### **Ingredients** (*Serves 4*)

4 salmon filets (4 ½ ounces each)  
7 ounces spinach  
1 bunch of watercress  
4 scallions whole  
2 sprigs of cilantro  
2 sprigs of thyme, leaves only  
1 garlic clove  
2 tablespoons butter  
1 can nata (7.6 ounces) or heavy cream  
2 cups fish stock  
1 tablespoon olive oil  
Salt and freshly ground pepper  
Roasted red and yellow peppers, diced

#### **Instructions**

1. Wash and drain the spinach, watercress, scallions, spinach, and parsley. Chop coarsely, add coarsely chopped garlic and thyme, and set aside.
2. In a small saucepan, reduce the nata (½ cream) with the fish stock to coating consistency and pour this mixture over the chopped herbs. Purée in a blender, pass through a fine strainer, and reduce again to a creamy consistency. Adjust seasoning. Add the butter and whisk together.
3. Season the salmon with salt and pepper and sauté in warmed olive oil in a hot pan for two minutes on each side. Drain on paper towels.
4. Spoon some warm sauce onto each plate, place the salmon in the center, and sprinkle with diced red and yellow peppers.