

# Nino Salvaggio Marketplace Fishery Fresh Flavor Fillets™



Recipe and Cooking Directions for:

## Salmon Roulade with Spinach & Feta

This delicious Salmon Entrée is best prepared using either a **MODIFIED Oven Roasting** or **STEAMING** method.

### Modified Oven Roasting Method:

Remove product from container, season with salt and pepper, brush each side with **melted butter** and pat in a mixture of **seasoned dry bread crumbs**. Pre-heat a non-stick (Teflon) sauté or frying pan to medium hot and add **1 to 2 tablespoons of vegetable oil** to the pan. Place Salmon Roulade into pan and sear on both sides 2 to 3 minutes to color to a medium brown. After searing second side, add **1 TBSP of Parmesan Cheese** evenly over the surface, remove from the pan and place in a shallow, oven proof baking dish. Place in a pre-heated 400F oven. When finished, the roulade will be fully cooked and have a golden Parmesan crust.

**Cooking time will vary depending on thickness and overall size. Typically, a one inch thick roulade will require an additional 12 to 15 minutes to fully cook through.** (A **pasta style tomato sauce** would make an excellent accompaniment for this dish.)

### Steaming Method:

Similar to poaching, steaming is one of the healthiest methods of cooking fish as no fats are used. A Chinese bamboo steamer is an excellent tool for steaming fish. However, you can also make a relatively effective steamer by starting with any medium large size sauce pot of approximately 10 inches in diameter, which has a tight fitting lid. Place your "steaming pot" on a range burner and fill with approximately one inch of cold liquid, (you may choose any liquid you would poach a fish in), then place any type of device (stand) into the liquid which is heat resistant and can support and suspend a 6 to 8 inch diameter "poaching plate" approximately 1 to 2 inches above the liquid below. Remove the roulade from its package and remove all excess juices or marinate and place on the "poaching plate". Place the plate, with the fish, on the steaming stand within the pot and cover with the lid. Turn the burner to high and when the liquid begins to bubble, reduce the temperature to a gentle simmer. Keep the cover on the steamer pot while the fish steams. Before serving, season roulade with salt & pepper to taste.

**Typically, a 6 to 8 ounce, one inch fillet will require approximately 12 to 15 minutes to fully cook once the actual steaming has begun.**

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