

Steamed Salmon Fillets with Lemon Aioli



- READY IN 30 minutes
- SERVES 4

In this week's newsletter, I introduced my new book, [Eat Fat, Get Thin](#), and since we're going to be talking about fat for the next couple of months, I wanted to share some of my favorite fat recipes!

These meals are deliciously satisfying and filled with the best kinds of fats: the healthy ones! [Eat Fat, Get Thin](#) contains pages and pages of great recipes. This is just a sneak peek!

This recipe features one of my favorite fats: wild fatty fish, specifically salmon. Salmon is filled with omega 3 fatty acids, the happy fat. Omega 3's make your brain work better, your skin soft and clear, help improve metabolism, and the list goes on! I've also included the recipe for homemade mayonnaise from my book. You'll definitely want to keep this one on hand. It's delicious and can be used in so many different recipes. [Click here to view the PDF version.](#)

- INGREDIENTS -

- FOR THE MAYONNAISE: (yield 3/4 cup, 12 servings - can be stored in an air-tight container in the fridge for 4 days)
- 2 large omega-3 egg, yolks only
- 1 tablespoon fresh lemon juice
- 1 tablespoon white wine or champagne vinegar
- 1/4 teaspoon Dijon mustard
- Pinch sea salt
- Pinch white pepper
- 3/4 cup avocado oil or extra-virgin olive oil
- FOR THE STEAMING BROTH:
- 4 cups filtered water
- 1 bay leaf
- 2 cloves garlic, crushed
- 3 fresh thyme sprigs
- 1 carrot, roughly chopped
- 1 rib celery, roughly chopped
- 1/2 small onion, roughly chopped
- 1 large lemon, quartered
- FOR THE LEMON AIOLI:
- 1/2 cup organic mayonnaise (see above)
- juice and zest of 1 lemon
- 1 clove garlic, finely chopped or grated
- pinch of sea salt
- pinch of white pepper
- FOR THE SALMON:
- 4 (6-ounce) skinless salmon fillets
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Step 1:

To make the mayonnaise: In a blender, whisk the yolks, lemon juice, vinegar, mustard, salt and pepper together in a small bowl until smooth. Place the mixture in the blender and blend on low for a few seconds. Very, very slowly, begin to add the oil, a few drops at a time. When the mayonnaise thickens, continue to add the oil in a very slow, steady stream until all of the oil is incorporated. Add more salt, pepper or lemon juice, as needed for your taste.

Step 2:

In a wide 5- to 6-quart pot, combine all the broth ingredients, squeezing the lemon quarters into the water and adding the lemon rinds to the pot. Place a steamer rack, either metal or nonstick silicone, in the pot. The broth level should just meet or be below the level of the steamer rack. Bring just to a boil. Turn the heat down to low, place a lid on the pot, and simmer the broth for 15 minutes to blend the flavors.

Step 3:

While the broth is simmering, combine all the aioli ingredients in a small bowl and stir until smooth. Set aside to serve with the salmon.

Step 4:

Sprinkle the salmon fillets with the salt and pepper. Place the salmon fillets in a single layer on the steamer rack and replace the lid. Steam the salmon for 5 to 6 minutes or until the salmon reaches an internal temperature of 145°F when tested with a digital thermometer. The fillets will be a light pink-orange color.

Step 5:

Serve the salmon warm or cool with 2 tablespoons of the lemon aioli per serving. You can make ahead and chill the salmon or store leftovers in the refrigerator in a glass container with a tight-fitting lid. It's best enjoyed within 2 days.

Nutritional analysis per serving (about 6 ounces salmon, 2 tablespoons aioli)

Calories 450 • Fat 31 g • Saturated fat 5 g • Cholesterol 125 mg • Fiber 0 g • Protein 38 g • Carbohydrate 2 g • Sodium 310 mg