

Salmon Pasta (AKA 'the Girls' Dish')

- 1 T. fennel seeds
- ¼ c. minced fresh parsley
- 1 T. light-brown sugar
- Salt and pepper
- 1 1-lb salmon fillet with skin (about 1-inch thick)
- 1 lb. corkscrew or other short pasta
- 10 oz. spinach, stems trimmed and leaves washed well
- ½ sour cream
- 2-3 T. fresh lemon juice

Heat the broiler. Put the fennel seeds in a small, self-sealing plastic bag, and crush with a rolling pin. (You can also use a mortar and pestle if you have one.) Add the parsley, brown sugar, ¾ t. salt, and 1 t. pepper to the bag and shake to mix.

Press the mixture onto the skinless side of the salmon. Broil the salmon, skin side down, until it is no longer red in the center, about 8 minutes.

(I choose to bake the salmon at about 400° instead of broiling it. The sugar burns too quickly on broil and will turn quite dark anyway.)

Flake the fish with a fork. Meanwhile, in a large pot of boiling salted water, cook the pasta according to package instructions until al dente, about 13 minutes. Reserve ½ cup of the cooking water and drain the pasta. Return it to the warm pot, add spinach, and toss.

In a bowl, mix together the sour cream, lemon juice to taste, ½ t. salt, and 2 T. pasta water.

Put the pasta on plates, top with salmon, and drizzle with the sour cream mixture. OR simply toss the pasta AND spinach in the pot with the salmon and the sour cream mixture, adding pasta water as needed, and serve.