Second Place
Salmon steamed in banana leaf w/quinoa and dahl

Appliance Used: Microwave .95 KW
Recipe Title: Salmon steamed in banana leaf w/ quinoa and dahl

Recipe:
1 hour prepration.

For salmon:
In a 5'' Pyrex pie pan, add:
1/2 cup coconut milk
Quarter-sized slice of ginger
8 Thai basil leaves.
Wrap Salmon, 2 6 oz fillets, seasoned with Salt & Pepper in
two 10X10 banana leaves, set into pie pan
Set aside

For quinoa:
In a 1.5 Q bowl add
1/4 cup quinoa
1 cup cold H2O
5'' stalk of lemongrass, bruised and halved pinch of
salt

Cook on high, uncovered for 20 minutes. For Dahl:
In a 2.5 Q bowl add:
1/2 cup red lentils
1/2 cup coconut milk
1 cup cold H2O
1/2 tsp Garam Masala
Pinch of cayenne black pepper
Cook for 7.5 minutes, uncovered, on high
Add one thinly sliced carrot, stir well
Cook 7.5 minutes
Season with salt, ½ tsp tumeric, stir well

Cook salmon on high:
4 minutes medium rare
4.5 minutes medium
5 minutes cooked through

Remove salmon from pie pan, set aside. Remove ginger.
Add 1 Tablespoon of butter to sauce, salt and pepper to taste.

On the plate:
On a bed of fresh spinach, spoon quinoa and dahl, lay salmon, sauce.

Notes: Wondering, researching, obsessing and then, of course, the taste testing. I am THRILLED with the results. The idea of the contest got me so inspired to consider the options of cooking with less energy. Microwave? I never even thought of it. Picking the flavor profile and creating a fancy, romantic meal for two from the microwave was a triumph. I can picture the less adept cooks putting this dinner together to impress a special someone.

The ingredients are readily available, although slightly exotic. Banana leaf can be found at Asian markets and many grocery stores. There are actually many banana trees growing in yards around Seattle! I have a few and cook with the leaves quite often. This recipe is an adaptation of a dinner I make for my husband on our fire pit (zero electric energy used!), but I realize that most people don't have that option.

“Thanks for the inspiration. I certainly hope this recipe makes it onto the palettes of the judges.”