

# Simple Pleasures

**BECAUSE WILD-CAUGHT SALMON** is so distinct and delicious, I keep the flavors in this meal pretty straightforward. Spoon a quick yogurt-dijon sauce over the fish (it’s good for dipping your potatoes into, too), squeeze a little lemon over the snap peas, toss the potatoes in butter and dill, and leave it at that.

The main thing to keep in mind is that you’re roasting all of the fish on one night and then tucking half of it away for another dinner. So you’ll cut a side of salmon in half, and then cut one of those halves into four filets. The other half you’ll cook in one big piece, which will take slightly longer than the four smaller filets.



## Roast Salmon • Snap Peas • Potatoes and Dill

35 MINUTES • serves 4

### SNAP PEAS

- 1 pound snap peas, ends trimmed
- 1 tablespoon unsalted butter
- 1 teaspoon lemon juice
- Salt, to taste
- Freshly ground black pepper, to taste

### POTATOES AND DILL

- 1 pound new potatoes, quartered lengthwise
- 1 to 2 tablespoons unsalted butter
- 2 tablespoons chopped dill
- Salt, to taste
- Freshly ground black pepper, to taste

### ROAST SALMON

- 1½ pounds wild-caught Alaskan salmon
- 4 tablespoons canola oil, divided
- Salt, to taste
- Lemon wedges

### YOGURT-DIJON SAUCE

- ½ cup plain whole milk yogurt
- 2 tablespoons dijon mustard
- 1 teaspoon lemon juice
- Salt, to taste
- Freshly ground black pepper, to taste

**1 Blanch the snap peas.** Bring a medium pot of salted water to a boil. Add the snap peas and blanch for 2 to 3 minutes, until bright green. Drain in a colander and rinse with cold water. Add a few ice cubes to the colander to stop the cooking and set aside.

**2 Make the potatoes.** Place the potatoes in a medium saucepan and cover with water. Add enough salt so that the water tastes briny, like seawater. Bring to a simmer over medium heat and cook until the potatoes are tender when poked with the tip of a paring knife, 10 to 15 minutes. Drain, then return to the pot and toss with the butter and dill, and add salt and pepper to taste.

**3 Roast the salmon.** (Remember, you’ll be cooking all of the salmon for 2 separate meals.) Heat the oven to 425°F. Place a large, oven-safe skillet over high heat. Cut the salmon filet into 2 equal pieces. Add 2 tablespoons oil to the pan and when it shimmers, add a piece of salmon, skin-side down. Cook without disturbing until the salmon lightens in color around the skin, 3 to 5 minutes. Transfer to the oven and roast until the salmon is just cooked through, an additional 7 to 10 minutes. Transfer to a plate and set aside to cool. Wipe out the skillet and return it to the stovetop. When cool, store this piece of salmon in the refrigerator for dinner later this week.

Cut the other half of the salmon into 4 equal filets and lightly sprinkle both sides with salt. Add remaining 2 tablespoons oil to the pan and when it shimmers, add the salmon filets, skin-side down. Cook without disturbing until the salmon lightens in color around the skin, 3 to 5 minutes. Transfer to the oven and roast until the salmon is just cooked through, an additional 5 to 8 minutes.

**4 Make the yogurt-dijon sauce.** Stir the yogurt together with the mustard and lemon juice, add salt and pepper to taste, and set aside.

**5 Fix up your peas.** When the fish comes out of the oven, melt the butter in the pot you used to blanch the peas over medium heat. When it foams, add the peas and toss to coat. Add a squeeze of lemon juice and sprinkle with salt and pepper to taste. Warm up the potatoes if you like.

**6 Serve.** Plate the salmon filets, snap peas, and potatoes. Spoon a little yogurt-dijon sauce over the fish, sprinkle with some chopped dill, and add a lemon wedge to each plate.



## Soba Noodles with Salmon, Snap Peas, and Bok Choy

25 MINUTES • serves 4 to 6

**TO GET THE MOST OUT OF YOUR SECOND-DAY SALMON**, don’t fuss with it much. I usually go for a meal where I can flake in the fish straight from the fridge, and if it gets heated (in warm pasta, for example), I keep the heat gentle. Here, salmon is tossed into a cold soba noodle salad and dressed with rice wine vinegar (which highlights the fish’s mildly sweet notes). This is a super flavorful meal. Listen: if you ended up eating all the salmon last night, I can’t say I blame you. Just throw in some more vegetables and call it a day.

- 1 pound soba noodles
- 1 teaspoon sesame oil
- 1 to 2 teaspoons rice wine vinegar
- 1 teaspoon soy sauce, plus more to taste
- 1 tablespoon canola or safflower oil
- 1 medium garlic clove, peeled and chopped
- 2 medium heads bok choy, thinly sliced
- ½ pound snap peas, trimmed and thinly sliced on the diagonal
- ½ red bell pepper, diced
- ½ pound **SALMON**, roasted, skin removed, and flaked into bite-size pieces
- 1 to 2 tablespoons toasted sesame seeds
- 1 sheet toasted nori, cut into thin 1-inch-long pieces (optional)

- 1 Cook the soba noodles.** Bring a pot of salted water to a boil and cook the noodles according to package directions. Drain in a colander and rinse with cold water to cool noodles. Shake off excess water, use a paper towel to blot if needed, then toss with sesame oil and transfer to a storage container. Refrigerate until ready to use.
- 2 Dress the noodles.** Toss the cooled noodles in a large bowl with rice wine vinegar and soy sauce. Set aside.
- 3 Cook the vegetables.** Add the oil to a medium skillet over medium heat. When the oil is warm, add the garlic and cook for one minute. Add the bok choy and cook, stirring, for 3 to 5 minutes, until the greens have wilted and the white parts are tender but still have some crunch. Add a drizzle of soy sauce to taste.
- 4 Toss and serve.** Transfer the bok choy to the bowl with the soba noodles. Add the snap peas, red bell pepper, and salmon and toss to combine. Taste and adjust the seasoning. Serve in bowls and garnish with sesame seeds and nori.

## Big Snacks

**HERE’S SOMETHING YOU ALREADY KNEW:** not every night is a gustatory occasion. What about when one child’s end-of-year school picnic coincides with another child’s baseball practice; when school pickup and a last-minute downtown meeting are at the same time; when work goes late and you sit in traffic, making you late for the next thing on the docket?

For those nights, there is takeout. There are also snack platters and meals that make it to the plate in no time. Here's what I’m talking about.

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**Fried Rice:** Mince an onion or scallion and garlic and cook in a skillet with a splash of oil. Hash up any cooked vegetable (or shred a carrot and some cabbage) and add to the pan. Add leftover rice, turn up the heat, and cook, tossing, until heated through. Slide into a bowl, fry some eggs, lay those over the rice, sprinkle on some soy sauce, sesame seeds, and scallion greens, and get on with it.

**Quesadillas:** We buy cheddar cheese and tortillas in bulk so we’re never without this option. Sprinkle ¼ cup shredded cheese in between two tortillas and toss in a few additions—frozen vegetables are great here. Try corn or finely chopped spinach or broccoli. Heat in a skillet until the cheese is melted and the vegetables are warm and serve with salsa.

**Snack Attack:** Use up leftovers and clean out your fridge. Carrot and celery sticks, a bowl of peanut butter, a bowl of hummus (see pg. 279 for my homemade versions). Hard-boiled eggs, nuts, and dried fruit. Apple slices, ham and cheese rollups, bread and butter—you get the picture.

**Breakfast for Dinner:** Homemade granola (see pg. 251) with yogurt and fruit; egg and cheese breakfast sandwiches on bagels or english muffins. Got pesto from earlier in the week hanging in the fridge? Smear some on that sandwich. I rarely have time to fix up a big breakfast in the morning, so moving these meals to dinnertime lets me play. (Flip the page to see one of our favorites.)