

SUMMER SALMON

2 pounds salmon, (the thick slice cut across the fish behind the head)

3 oranges, peeled and sliced

2 tsp nutmeg, freshly grated

½ cup Shenandoah Vineyards Barbera

Juice of one orange

Salt

Skin the salmon. In a pan just large enough for the fish, make a layer of oranges slices. Put the salmon on top and season with nutmeg and salt. Pack the remaining orange slices around the sides and over the top. Pour on the wine and orange juice and bring to a boil. Cover and simmer for 15 minutes or until the salmon is just cooked. Serve with triangles of roasted bread or jasmine rice.

Serves 4