

PLAIN & Fancy COOKING

Crusted Pan Seared Salmon with Tangy Dijon Vegetable Sauce

From Anthony Songin, Chef Instructor, Culinary Arts,
Erie County Community College, Buffalo, N.Y.

Ingredients:

4 (6-8 oz.) salmon fillets
salt and pepper to taste
1/4 cup vegetable oil

Crust-

1 cup bread crumbs
1/4 cup mayonnaise
1/4 cup Dijon mustard
1/8 cup fresh basil
1/8 cup fresh parsley
1 T. garlic, minced
1 T. shallots, minced
1 tsp. black pepper, cracked
1 tsp. salt

Dijon Vegetable Sauce-

1 T. vegetable oil
1/2 cup carrots, diced
1 T. shallots, minced
1 T. garlic, minced
1 cup white wine
1/4 cup tomato sauce
1/8 cup Dijon mustard
1/2 cup ea. zucchini, yellow squash,
eggplant, all diced
1/4 cup butter, at room temp.

(over)

To Prepare: Mix together all the crust ingredients and set aside. Season fillets with salt and pepper, pan sear in oil until 1/3 done and slightly brown. Press crust onto each entire fish fillet and bake at 375° for approx. 15 min. (depending upon thickness of fillets) until salmon is light and flaky. While fillets are baking, make the Dijon sauce. Saute' carrots, shallots and garlic in oil. Add wine, tomato sauce and mustard; reduce by 2/3. Add other veggies, simmer for 5 min. Whisk in room temp. butter. To serve, ladle sauce onto plates and lay finished fish on top.

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