
saumon moutarde

Serves: 4

1 large shallot, chopped
1 cup white wine
1 cup heavy cream
1/2 cup softened butter
2 tablespoons Dijon mustard
4 boned salmon fillets, 6 ounces each

Mustard Sauce:

Put the shallots and white wine in a sauce pan. Simmer over medium flame until reduced by half. Add the heavy cream, reduce again by half and whisk in the softened butter and then the mustard. Set aside.

Fish:

In a pan, put approximately 2 cups of water and a splash of white wine on a medium flame and allow to simmer. The pan must be large enough to hold the 4 salmon fillets and you need enough water in the pan to cover the salmon halfway when you put them into poach. Put the salmon in the simmering liquid, cover and let it simmer for approximately 7 to 10 minutes, depending on the degree of desired doneness. Remove the fillets with a slotted spatula, letting the excess water drain before you put them on a warm plate. Garnish the plate with a simple vegetable, preferably green for color, spoon on the sauce and serve.

*Brookside Bistro
West Cornwall, CT*