

CHEF SARA RHODES

PAN SAUTEED SALMON WITH MUSTARD AND GREEN PEPPERCORN SAUCE

- 4 salmon fillets, about 5 to 6 oz. each
- Salt and pepper
- Olive oil
- 2 Tbsp. shallots, minced
- 1 tsp. garlic, minced
- 1/3 cup white wine
- 1 cup heavy cream
- 2 Tbsp. Dijon mustard
- 1 tsp. crushed green peppercorns
- 1 Tbsp. butter, cut into pieces



Heat a sauté pan over medium-high heat. Add olive oil. Season both sides of salmon with salt and pepper. Add the fillets to the pan, skin side up and cook for about 5 minutes. Turn over and cook for another 3 to 4 minutes. Transfer to a plate and cover with foil to keep warm or place in a warm oven to hold.

Turn the heat to medium. To the sauté pan, add the shallots and garlic. Cook until fragrant. Add the white wine and simmer until the wine is almost gone. Add the cream and bring to a simmer. Whisk in the mustard and simmer till sauce starts to thicken. Add the butter and the crushed peppercorns.

Plate salmon and drape with the sauce