

## Pan Seared Salmon in a White Wine Reduction

### Recipe:

Pan seared salmon filet with fresh asparagus, over a bed of cherry tomatoes and baby greens, topped with a white wine reduction

### Ingredients:

Qty	Measure	Ingredient
4	Each	Salmon filet
1	Bunch	Pencil asparagus
1/4	Cup	White wine
1/4	Cup	Chicken stock
1	Tablespoon	Minced shallots
1	Tablespoon	Minced garlic
2	Tablespoon	Butter
1	Container	Cherry tomatoes – halved
1	Bunch or bag	Mixed baby greens
2	Tablespoon	Chopped cilantro
3	Tablespoon	Extra virgin olive oil
1	Tablespoon	Champagne vinegar
Salt and pepper to taste		

### Equipment needed:

Tablespoon  
Measuring cup  
Medium size sauté pan  
Medium size bowl

### Instructions:

- In a medium size sauté pan at high heat, drizzle 1/2 tablespoon of extra virgin olive oil and place salmon filets; let cook until golden brown.
- Turn the filets; add the shallots, garlic, white wine, butter, asparagus and chicken stock
- Place the pan in a 400\* oven for 5 minutes. Set aside.

### Instructions for Salad:

- Mix baby greens with cherry tomatoes and cilantro.
- Drizzle with champagne vinegar

**Presentation:** Place the salad in the middle of the plate, add the salmon filet, top with asparagus, and drizzle the sauce from the sauté pan on top. Add salt and pepper to taste. Serve hot.

### Lorena Suggests:

- Fresh fish should never have a “fishy” smell; it should smell like the ocean. A fresh filet should also be firm to the touch.
- Not in the mood for salmon? Yellow tail, snapper and grouper also work great with this recipe.

