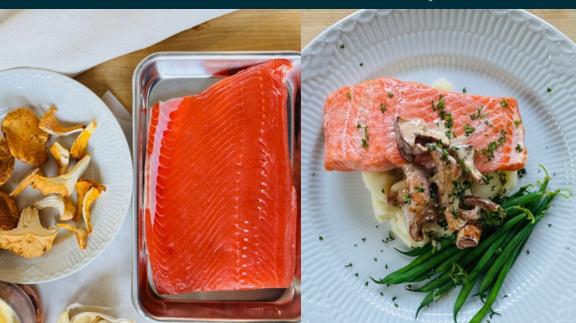
Baked Coho with Chanterelle Cream Sauce

By Melissa A. Trainer



A combination of baked Copper River Coho and creamy Chanterelles served with some slender green beans and soothing mashed potatoes

Ingredients

- -2 tbs butter
- -3 oz fresh Chanterelle mushrooms, cleaned and torn into strips
- -1 garlic clove, minced
- -¼ cup heavy cream plus more if needed
- -2 five-to six-ounce Copper River Coho fillets, pin bones removed
- -1 tbs minced fresh parsley
- -salt for sprinkling
- -olive oil for drizzling

*Serves 2 Prep time: 30 minutes

Instructions

- -Preheat oven to 400°F
- In a nonstick frying pan, melt butter over moderate heat and cook the Chanterelles, stirring for about three minutes, or until they just start to wilt and get glossy
- -Stir in the garlic
- -Cook the mushrooms, stirring, until they are wilted, being careful not to burn the garlic
- -Add two tablespoons of water and stir in the heavy cream
- -Simmer gently for about thirty seconds, stirring, to reduce the sauce
- -Season with salt and pepper and remove pan from heat
- -Put the salmon on a lightly oiled baking sheet
- -Season the salmon with salt and drizzle with some olive oil -Bake in the oven for about ten minutes or until the flesh is opaque
- -Bake in the oven for about ten minutes or until the flesh is opaquand flakes easily with a fork
- -Reheat the Chanterelle sauce gently, stirring and adding a bit more cream if needed to loosen the sauce
- -Transfer the salmon to a plate, top with the sauce and garnish with minced parsley

Serving Suggestions: mashed potatoes, creamy polenta, French filet beans, sautéed kale

