

Salmon with Vermouth Mushrooms Cream Sauce

Suggested sides: great with nutty Quinoa or Wild Rice blend.

Yield: 2 servings



- 2 Salmon chops or fillets, skin on (optional)
Our favorite: Pacific Sockeye Salmon, skin on
- 8 oz. Cremini mushrooms (baby Portobello), sliced
- 1 cup Half + Half
- 2 tbsp. fresh breadcrumbs (or Panko), unseasoned
- 3 tbsp. sweet Vermouth
- 2 tbsp. butter, salted
- 2 tbsp. clarified butter (Ghee; any good quality, high smoke point vegetable oil works, too)
- White Pepper, Salt to taste
- Juice of ½ lime

Pre-heat Cook-N-Dine on 5. When the orange light is off, set temperature to #7 to #8 (varies by model) Melt 1 tbsp. butter in 1 tbsp. olive oil and sauté sliced mushrooms until halfway done and most of the moisture has evaporated. Push mushrooms into the warming area.

Melt 1 tbsp. butter in remaining olive oil. Sprinkle skin side of Salmon with the breadcrumbs and cook skin side down for 2-3 minutes. It should have a light golden color and be crispy. Turn, sprinkle with breadcrumbs and cook 2-3 more minutes or until just before done in the center. **Lower temperature to 6.**

Lightly season fish with pepper and salt and place into the outer warming area. Add Vermouth and “deglaze”, catching all the brown bits at the bottom. Now push mushrooms back into the hot cooking center. Carefully add half of the cream, gently blending it all together. Watch out that the edge of the mixture doesn’t cook dry nor burns. Constantly incorporate liquids with a spatula, pushing from the edges back into the center. When cream has reduced to about half, gradually add the remaining cream. Cook about 2-3 minutes or until a light creamy consistency has been reached. Taste to season. **Switch off** the teppanyaki, sprinkle with chopped chives and serve.

Note: The Salmon as well as the sauce can easily be overcooked. Test fish at the thickest part and then cook a little longer if necessary, rather than overcooking it in the first place.

