

This is a simple and elegant Jean-George recipe

### Asparagus with mushroom cream sauce

20 fat asparagus spears  
1 TBSP. butter  
1 TBSP> extra virgin olive oil  
1 Pound fresh mushrooms, trimmed, washed and chopped (ideally shitake and cremini mushrooms are wonderful in this dish)  
2 shallots, peeled and minced  
salt and fresh peeper to taste  
2 TBSP> dry sherry  
fresh chopped chives for garnish

Bring a large pot of water to boil. Break off the woody bottom sections of the asparagus and peel the spears up to the flower buds.

Put the butter and oil in a skillet and turn the heat to medium high. When the butter is melted, add the mushrooms and shallots, season with salt and pepper to taste and continue to sauté until the liquid from the mushrooms has mostly evaporated, about 5 minutes. Add the cream and boil, stirring occasionally until most of the liquid is evaporated, about 10 minutes

In a separate pot, blanch the asparagus until bright green. Drain and keep warm.

When the mushroom mixture is creamy but not soupy, stir in the sherry. Cook one minute and spoon over asparagus. Garnish with fresh chives.

### Pan Seared Red Snapper with warm tomato, fennel, shrimp salsa

I love this recipe because it is versatile. I can use this as a bruschetta, on top of chicken and as a topping for a frittata. Most importantly, I can use Tilapia and other sea foods that are more sustainable.

4- 6-7 oz. pieces of Red Snapper, Skin removed  
1 TBSP> olive oil  
flour

salt and pepper to taste

for salsa

1 red onion chopped

2 cloves garlic, minced

Olive oil

Fennel seeds, approx. 2-3 TBSP.

3-4 fresh tomatoes, diced

chopped fresh shrimp, uncooked, approx. 4 each)

1 avocado, diced

fresh lime juice

cilantro, diced

Sauté red onion in sauté pan over medium heat with olive oil. Add minced garlic and sauté another minute. Add fennel seed and sauté. Add diced shrimp and sauté for only 1 minute. Remove from heat and add chopped tomatoes. Sprinkle with garlic salt to adjust seasoning.

In separate sauté pan, heat with olive oil over medium high heat. Dust snapper or filet of sole or tilapia with seasoned flour, salt and pepper to taste. Pan sear on both sides. If additional time is needed, place in 500 degree oven for 5 minutes.

Place fish on center of plate. Top with fresh tomato salsa. Serve with a side of diced avocado salsa if desired.