

Cedar Plank Salmon with tomato-spinach stuffing

This recipe works wonderfully with fresh trout or you can simply scoop out the inside of tomatoes and stuff the tomatoes with this filling, top with grated asiago cheese and bake in a 350 degree oven for 20 minutes.

- 4 – 6 ounce salmon fillets (wild salmon is always best)
- 2-3 TBSP> Olive Oil
- 1 large Vidalia onion, diced
- 1 box frozen chopped spinach thawed but not drained
- ¼ cup chicken broth
- Kosher salt
- Garlic salt to taste
- Fresh ground black pepper to taste
- 1/3 cup fresh grated parmesan cheese
- Approximately ½ cup- ¾ cup seasoned Italian bread crumbs
- 4 tomatoes diced

Cedar plank that has been soaked in water

Preheat oven to 400 degrees

Season salmon with kosher salt and fresh ground pepper and place on cedar plank, 1-2 pieces per plank.

On medium high heat, add olive oil and heat for approximately 2 minutes. Add diced onions and sauté until slightly brown. Add box of chopped spinach, and stir to incorporate evenly. Add chicken broth, seasoning, Italian breadcrumbs and cheese. Add diced tomatoes and stir until well heated. You may add more breadcrumbs, cheese or broth as needed. Place filling on top of seasoned salmon, about a 4 ounce serving on each fillet. Spread evenly and place in preheated 400-degree oven for approximately 15 minutes.

Boneless hoisin glazed duck breast and boursin quesadilla

This recipe also works well with the duck breast and boursin atop toasted crustini with baby arugula and roasted red peppers

2 boneless duck breasts, skin scored
1/3 cup hoisin sauce
4 -6 ounces boursin cheese
flour tortillas
½ cup chopped
1 mango sliced
canola oil
fresh baby spinach

score duck breast and sear in hot seasoned pan until skin is crisp. Remove from pan and brush both sides of breast with hoisin sauce. In a separate pan, heat a small amount of canola oil, approximately 1/8 cup. Take a flour tortilla and spread boursin cheese and fresh uncooked spinach. Add sliced duck breast, a sprinkle of hoisin sauce, sliced mango and top with a flour tortilla that has been spread with a little boursin. Brown on both sides. Cut into 8 slices and serve with chopped scallions

Spicy Italian fish soup

I love this one pot style of cooking. Serve with a crusty loaf of French bread and a spinach salad with goat cheese and you have a wonderful cool weather meal

Olive oil
1 medium onion, chopped
fresh parsley, diced
2 cans chopped clams
3-4 small bottles clam juice
1 green pepper, diced
1 can Italian plum tomatoes, diced
¼ cup white wine
2 potatoes, peeled and diced
½ LB. fresh cod or haddock

¾ LB fresh shrimp, cleaned
½ lb. scallops if desired
Tabasco to taste or crushed red pepper flakes
1 clove garlic minced

heat stock pot with olive oil. Add onions and sauté. Add potatoes, clam juice and canned tomatoes. Add diced green peppers or cubano peppers. Add garlic and stir.

Simmer for 20 minutes or until potatoes are tender. Add fresh cod and canned clams and Tabasco or crushed red pepper flakes and white wine. Simmer for 5 minutes. Add scallops, shrimp and you may add some fresh calamari slices if desired. Cook for 3 more minutes, just until shrimp is pink.

Serve steaming hot with chopped parsley as garnish
