

Salmon Filets with Whole Grain Mustard Beurre Blanc and Brussels Sprouts

This is a wonderful recipe from Annie and Margaret Mondavi. One of my favorite memories of Napa Valley is the incredible five-course lunch that we had out in the Mondavi Vineyards. This is a perfect dish for a nice luncheon or fish course at dinner. Pinot Noir pairs well with the salmon

Serves 4

1 ½ pounds salmon fillets- skin and bones removed, cut into four portions
1-Tablespoon extra virgin olive oil
Kosher salt and freshly ground black pepper

Whole Grain Mustard Beurre Blanc

½ cup Chardonnay
¼ cup white wine vinegar
¼-cup shallots
1 cup unsalted butter, room temperature, cut into ¼ inch pieces
¼ cup whole grain mustard
Kosher salt and fresh ground pepper

1 pound Brussels sprouts, wilted outer leaves removed- sliced ¼ inch thick
¼ pound thinly sliced pancetta, coarsely chopped
1 Tablespoon chopped fresh flat leaf parsley (garnish)

To prepare the salmon:

Brush each portion with oil and lightly sprinkle with salt and pepper. Set aside at room temperature for one hour or refrigerate for up to 4 hours. Remove from refrigerator ½ hour before cooking.

To make the beurre blanc:

Combine wine, vinegar and shallots in saucepan and reduce over high heat until 2 Tablespoons of liquid remain- about 2 minutes. Pass through a fine sieve and return to the pan over medium heat. Slowly whisk in the butter, piece by piece. Whisk in the mustard and season. Use within 30 minutes-

For Brussels sprouts:

Bring a large pot of water to a boil. Add the Brussels sprouts and blanch for 1 ½ minutes without returning to a boil. Drain, rinse under cold water. Set aside in a colander. Heat a sauté pan over medium high heat until hot- add the pancetta and cook until slightly crisp, about 5 minutes. Add the Brussels sprouts and sauté for 2 minutes- until barely soft but still bright green.

To Cook the Salmon:

Prepare a grill pan over medium high heat- place the salmon in the pan or on a preheated grill and turn only once, about 4 minutes for medium rare. Set a piece of the salmon on top of the Brussels sprouts, drizzle with the beurre blanc over the salmon and sprinkle with parsley- serve right away