

Stuffed Salmon Duxelle

Ingredients:

Mushroom Duxelle:

12 Large Domestic Mushrooms

1 Large Diced Shallots

¼ Cup Marsala Wine

3 Tbsp. Sweet Butter

Kosher Salt & Fresh Ground Black Pepper

Stuffed Salmon:

4 6-ounce Salmon Fillets, straight-cut fillets so they can be rolled and filled with the mushroom duxelle

4 Tbsp. Sweet Butter, melted

2 Tbsp. Grated Parmesan Cheese

4 Pieces of 12-inch Butcher's Twine

Broccoli Puree:

2 Large Heads of Broccoli, rough chopped

1 Yukon Gold Potato, peeled, diced

4 Tbsp. Sweet Butter

¼ Cup Heavy Cream

4 Ounces Green Beans, blanched

12 Baby Carrots, blanched & split

8 Ounces Fingerling Potatoes, blanched and split

4 Ounces Peeled Red Pearl Onions

DIRECTIONS:

1. I like to start by making the mushroom duxelle. Place mushrooms and diced shallots in a food processor and grind for three to five minutes until the mix becomes a fine puree. In a medium-high sauté pan, melt the butter and add the mushroom puree and wine. Cook on high heat for 10 to 15 minutes. Add some salt and pepper while the mushrooms cook until you're pleased with the flavor. The object is to cook all of the liquid out of the mushrooms so they firm up and have a perfect stuffing texture for the salmon.

2. After 10 minutes the mushroom liquid and wine should be pretty much cooked out. Cool the mix in the refrigerator to stuff the salmon with later. This can be done one day in advance.

3. Now we'll move on to the salmon. Lay the straight-cut fillets out on their sides and pull both ends of the fillet together to form a circle. Season both sides with salt and pepper and then top with the mushroom duxelle, making sure you have an even layer of the duxelle on top of the salmon. Gently wrap the salmon with the butcher twine to keep its round form. Sprinkle the top of the fish with grated parmesan cheese, place in a nonstick pan and drizzle the melted butter on and around the salmon.

4. Hold the Salmon in the refrigerator until you are ready to bake it at 350 degrees.

To make the broccoli puree, preheat your oven to 350 degrees so it's ready for the salmon. Get a large stockpot simmering with hot, salted water and add in the yukon potato. Simmer the potato for five minutes then add the broccoli and simmer five additional minutes until the broccoli and potato pieces are soft. Strain and return to the stockpot.

5. Add the sweet butter and heavy cream. Use a hand immersion blender or anything you have that can puree everything together until you have a nice, smooth puree. Check and adjust seasoning as needed.

Place the salmon in the 350-degree oven and roast for 20 to 30 minutes. Check the fish with an electric thermometer until the center reaches 145 degrees, then remove the fish and let it rest for five minutes on the stovetop. Remember, everyone's oven cooking time is different, especially if your oven has a convection function.

6. Sauté the green beans, baby carrots, fingerling potatoes and red pearl onions. You can simply scoop out the broccoli puree and arrange the vegetables around it, but I like to put the puree in a pastry bag with a No. 8 round tip. I fill the bag with the puree and pipe a circle on the plate, place the vegetables in the center with the salmon on top. The final step is to sauce the dish with the red wine sauce.

7. Even at home I don't always have time to make sauces from scratch, so I enlist the help of some of the high-quality powdered sauce mixes on the market today. You can find a red wine-based sauce mix from Knorr or McCormick's in any grocery store. Follow their basic directions, but you will be better served to add one large, diced shallot and half a bottle of a high quality cabernet, red zinfandel or merlot wine to make a flavorful reduction to give your sauce not only a deep flavor, but a deep color also.

8. Add some fresh thyme into your sauce reduction and use some store-bought beef broth instead of water. Let the sauce reduce at a nice pace. You do not want a slow simmer or a fast boil. When your sauce has thickened to a nice consistency, strain it out and then whip in one or two tablespoons of sweet butter. This will make your sauce a bit buttery, well rounded and shiny. While this recipe may seem long, it is easy to do. It takes some investment of time to get everything together, but the payoff is worth it.

Yield: 4 Servings