

# THE GOODLIFE SOCIETY RECIPE COLLECTION

From the Dr. Kosta & Dave TV Show

## **SEARED SALMON with OLIVE OIL SAUCE**

- 1) In a saucepan, combine 2 cloves minced garlic, 3 minced shallots, 1 tsp fennel seeds and 2 Tbsp Dijon mustard.
- 2) Add ¼ tsp fresh cracked pepper with 3 cups (about ½ bottle) of white wine. Cook At medium heat until reduced by 2/3 (approx 15-20 minutes).
- 3) Add 2 cups fish stock (may substitute 2-8oz. bottles of clam nectar). Reduce over 1 cup.
- 4) Strain this into blender. Add 1 egg yolk and blend. Then add ½ cup of olive oil in a stream until thickened. Keep warm.
- 5) Take 6-8 pieces of skinned salmon fillets, preferably the belly pieces. Sprinkle with salt and pepper and sauté the salmon on each side, approximately 2-3 minutes or until crust forms. Cook to your liking, however, do not over cook.
- 6) When salmon is finished, place over sauce on a plate. Garnish and add a small Amount of sauce on top.

Note: The blending of mustard, fennel, garlic, white wine and olive oil makes a wonderful flavor.

June 2008