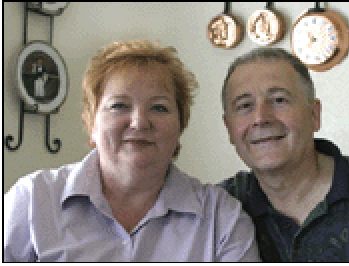


Chef from the Hood Recipes



Chef:

Pierre & Rose Marie Lagourgue

Restaurant:

Chez Peyo

Recipe:

Wild North Coast Salmon Peyo with Citrus Beurre Blanc

Ingredients

4 fresh salmon filets, six ounces each
2 cups blanched almonds
1 & 1/2 teaspoons black pepper
1/2 teaspoon salt
1/2 cup flour
4 egg whites, lightly beaten with a fork
2 tablespoons extra virgin olive oil

Chop almonds in food processor for 30 seconds or until very fine (but stop before they turn into dust). Place almonds in a bowl and mix in the salt & pepper. Place flour on a plate, and lightly flour each filet, shaking off the excess flour. Dip each filet in beaten egg white, then press filet firmly into the almond mixture. Turn and repeat, coating each side. Shake off any loose nuts. Heat oil in a large sauté pan over a medium flame. Cook each side of the salmon until done to your liking. Do not overcook! Place each filet on a warm serving plate and pour the warm beurre blanc sauce around the filet.

Citrus Beurre Blanc Sauce:

1 cup white wine
3 tablespoons minced shallots
the juice from 1 lemon, 1 lime & 1 orange
2 tablespoons heavy cream
4 tablespoons butter; salt to taste

Simmer wine with shallots until it is reduced by half. Add citrus juices, reducing again by half. Whisk in cream reducing by about 1/3. Remove from heat and whip the butter into the sauce with the whisk until it is fully incorporated. Add salt to taste. Pour sauce through mesh strainer directly around cooked salmon.

• Chef Pierre's unforgettable almond encrusted fish was
• always served at Chez Peyo during salmon season. His
• otherwise classic French beurre blanc got a California
• twist with the addition of 3 kinds of citrus juice. With sides
• of rice and asparagus, this is an easy-to-make dinner
• for 4.