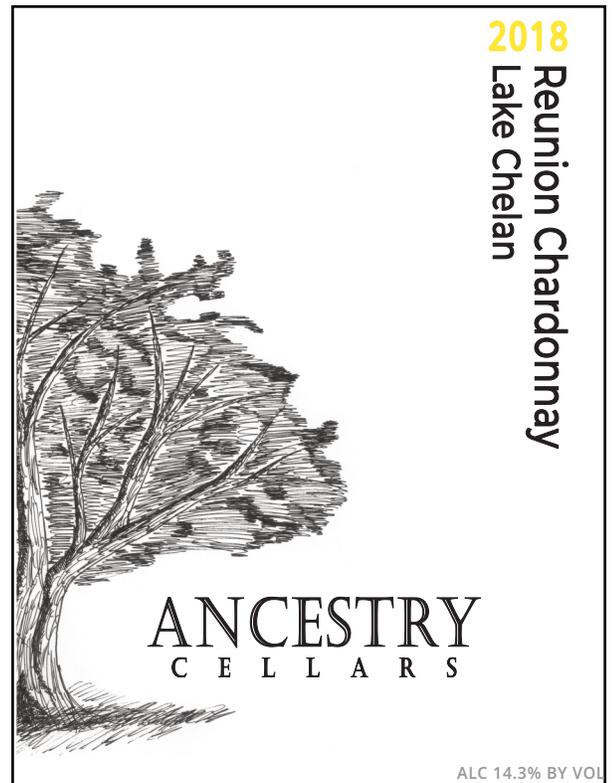


Dijon Pan Seared Wild Salmon &

One Pan Gratin

12oz Wild Salmon Filets
3 tsp dijon mustard
2 tsp brown sugar
1 Tbsp Butter
¼ Cup Cream
1 small shallot diced
Splash of Reunion Chardonnay
3 medium Russet potatoes
3 cloves garlic
3 Tbsp butter
¼ tsp seasoning salt
1oz grated Gruyere cheese
1oz grated Parmesan cheese
2 Green Onions or Chives
Olive oil
Salt & Pepper



Prepare the Gratin

Preheat oven to 400 degrees. Peel and thinly slice the potatoes, mince garlic and begin to heat a medium frying pan over medium heat. Add garlic and butter until melted and garlic becomes aromatic. Toss half of the melted butter and garlic along with 1tbsp of olive oil and half of the parmesan cheese to potatoes. Toss gently with a pinch of salt and pepper. Layer half of the potatoes in the frying pan, then the Gruyere cheese, remaining half of potatoes and finish with remaining parmesan. Roast in oven for 25 minutes while preparing salmon.

Salmon Preparation

In a small bowl mix 2tsp dijon with brown sugar. In a second medium frying pan over medium high heat sear salmon flesh side down for ~3 minutes. Transfer salmon seared side up to a baking sheet and coat top with dijon & brown sugar mixture. Place in oven to finish for 7-10 minutes.

Return frying pan to medium heat and add diced shallot. Deglaze pan with a splash of Chardonnay. Add cream and remaining dijon mustard. Simmer until reduced by half or reaches desired consistency. Remove from heat and swirl in 1 Tbsp butter. Remove potatoes and salmon from oven and plate, topping salmon with the dijon cream sauce. Garnish with thinly sliced green onion or chives. Enjoy!