

## May – Website Update Recipe

### Herb Crusted Salmon and Asparagus -Emeril Lagasse

#### Ingredients

2 (6 ounce) salmon fillets

Essence, recipe follows

1/4 cup Dijon mustard

1 cup chopped fresh mild herbs

Salt and pepper

2 tablespoons minced shallots

1 teaspoon minced garlic

1/2 cup white wine

1/2 pound butter, cut into 1-inch cubes, cold

1/2 pound asparagus, blanched

1 cup brabant potatoes, (1/2 by 1/2-inch cube)

3 tablespoons olive oil

1/4 cup fresh chervil sprigs

#### Directions

Preheat the fryer. For the salmon: Season each side of the salmon with Essence. Evenly coat each side of the fillets with the Dijon mustard. With the chopped herbs, crust each side of the salmon completely. For the sauce: Fry the potatoes for 3 to 4 minutes or until golden. Remove and set aside on a paper-lined plate. Season with salt and pepper. In a saute pan, combine the shallots, garlic, and wine together. Bring up to a boil and reduce to a simmer. Reduce the wine by half, about 2 to 3 minutes. With a whisk, mount in the butter cubes one at a time until all are fully incorporated and slightly thick. Season with salt and pepper. Add the asparagus and potatoes, continue to simmer for 2 to 3 minutes. Re-season if needed. For the salmon: In a saute pan, heat the olive oil. When the pan is smoking hot, add the salmon. Saute the salmon for 2 to 3 minutes on each side for medium rare. Place the sauce in the center of the plate. Place the salmon directly on top. Garnish with fresh chervil sprigs and Essence.

Essence (Emeril's Creole Seasoning):

2 1/2 tablespoons paprika

2 tablespoons salt

2 tablespoons garlic powder

1 tablespoon black pepper

1 tablespoon onion powder

1 tablespoon cayenne pepper

1 tablespoon dried leaf oregano

1 tablespoon dried thyme

Combine all ingredients thoroughly.

