

Salmon with Cream Sauce



What You Need

- 4 Pieces of fresh salmon (skin removed)
- 1 tsp. Black pepper
- 1 Tbsp. Canola oil
- 1 Tbsp. Butter (salted)

For the Sauce

- 2 Cloves garlic (crushed well)

- 1 Cup chicken stock
- 1/2 Cup parmesan (finely grated)
- 2 tsp. Italian herb mixture ([HERE](#))
- 2 Tbsp. cornstarch
- 1 Cup milk
- Whisk
- Small saucepan (2 cup size)
- Bowl (1 cup size)
- Frying pan (large nonstick works best)
- Foil
- Plate or platter

Before You Start! In a saucepan over medium heat combine corn starch and milk. Whisk well to reach a creamy consistency. Continue whisking throughout cooking, until thickened to the consistency of heavy cream, then pour into a bowl and place in the freezer for about 10 minutes before using. Pat salmon dry, then sprinkle with pepper.

For the Salmon

Heat canola oil in frying pan over medium high heat. Add salmon and cook until golden brown (for 3-5 minutes) Turn over and cook the other side for about 3 -5 more minutes until cooked through. Add butter evenly to the salmon. As it melts use a spoon to drizzle (baste) it over the salmon. Remove salmon and put on a plate, and cover loosely with foil to keep warm.

Now the Sauce

In the same frying pan used for the salmon, over medium- low heat sauté garlic and stir until golden brown (takes about a minute, don't let it burn). Add broth and increase heat to high. Bring to simmer and reduce heat to medium. Use a nonstick utensil to stir up the bits at the bottom of the pan. Dissolve all of the bits into the sauce. Cook about 1 minute. Add the cornstarch mixture and combine. Continue to cook and let it all thicken (stir with spoon occasionally to create an even consistency.) Add parmesan and basil and stir well. Add more pepper if needed.

Serves 4

***Katie's Tid Bits-** this sauce works well with other fish too. Try using cod loins. Add salt after serving to allow diners to add their salt to taste.

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