
Salmon Fillets with Champagne Sauce

*Michael Zouhar, Francis Hatton - L'Auberge Du Bon Vivant - Longboat Key, FL
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Servings: 8

FISH STOCK

2 pounds salmon fillets

1 1/2 pounds salmon heads, bones and skin (your fish market should do this for you)

1 quart cold water

1 cup dry white wine

1 cup dry vermouth

1 carrot, coarsely chopped

1 medium onion, coarsely chopped

1 stalk celery, coarsely chopped

1 leek (white part), coarsely chopped

2 cloves garlic, crushed

2 bay leaves

juice of one lemon

generous pinch of tarragon

generous pinch of thyme

FINISH

1 cup whipping cream

8 white mushrooms, sliced

3 shallots, minced

1 cup champagne

pinch, cayenne

TO PREPARE: In a large pot, cover the fish head, bones and skin with the cold water. Add the wine, vermouth, carrot, onion, celery, leek, cloves, bay leaves, lemon juice, tarragon and thyme. Bring the stock to a boil, skim well, then lower the heat and simmer for 2-1/2 hours. Strain the stock through cheesecloth. Cool and refrigerate overnight.

TO PREPARE THE FILLETS: Place the fillets in a shallow, buttered baking dish. Top with the sliced mushrooms and add just enough cold fish stock to cover. Cover and bake at 375 degrees for about 15 minutes, until just done. Remove and measure the liquid in which they cooked.

FOR THE SAUCE: In a heavy saucepan, saute the shallots in one to two tablespoons of butter until clear. Pour in the champagne. To the liquid reserved from the fillets, add enough of the remaining fish stock to bring to three cups. Add this to the saucepan. Turn up the heat and reduce the sauce by half (to two cups). Add the cream and reduce again by one-third (two cups). If you prefer a thicker sauce, prepare a roux of two tablespoons of butter and two tablespoons of flour. When the sauce has reduced, taste for salt and pepper. Add a pinch of cayenne. Leave as is or add enough roux to thicken to the desired consistency.

TO SERVE: Carefully lift the salmon out of the baking pan. Pour the Champagne Sauce over the fish to cover, including a few mushrooms and shallots to each piece of fish.

Seafood

Per Serving (excluding unknown items): 328 Calories; 15g Fat (52.5% calories from fat); 24g Protein; 7g Carbohydrate; 1g Dietary Fiber; 100mg Cholesterol; 106mg Sodium. Exchanges: 3 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.