

Recipe and Procedure for Parmesan Crusted Salmon with Lemon Wine Sauce
and Asparagus Tips
Serves 4

Ingredient	Qty.
Panko	1 cup
Butter, unsalted, melted	1 T
Dijon mustard	2 T
Freshly grated Parmesan cheese	2 T
Italian flat leaf parsley, minced	4 T
Salmon Fillets, skin off	4 ea, 4-6 oz each
Kosher Salt	To taste
Freshly ground black pepper	To taste
White mushrooms, sliced	6 oz
Garlic, minced	1 large clove
Chicken stock	1 cup
White wine, dry	3/4 cup
Lemon juice, freshly squeezed	2 T
Butter, unsalted	1 T
Flour, all purpose	1 T
Asparagus, cleaned	1 pound

1. Preheat the oven to 425 F.
2. In a small bowl, mix the panko, 1 tablespoon of Dijon mustard, Parmesan cheese and parsley. Add the melted butter and combine well,
3. Season the salmon fillets with salt and pepper. Heat a little canola oil in a large saute pan over high heat. Add salmon and sear presentation side until golden. Remove from pan and place, seared side up, on a parchment lined sheet tray. (Can be prepared up to 8 hours ahead, cooled and refrigerated, covered).
4. Spread the remaining mustard among the fillets and divide the parmesan mixture among the fillets and pat them onto the mustard.

5. Place asparagus on a parchment lined sheet tray and drizzle with a little olive oil and dust with kosher salt. Bake at same time as salmon, remove after 6 minutes (thickness of stalk dependent).
6. Bake the salmon until medium rare and the parmesan crust is lightly golden, about 8 minutes.
7. While salmon is cooking, make a roux. In small sauté pan, melt unsalted butter. Sprinkle in flour and whisk to make a blond roux.
8. Place the salmon pan over medium heat. Add mushrooms and garlic; sauté until mushrooms begin to brown, about 6 minutes. Add wine, lemon juice and stock. Bring to a boil.
9. Add roux to boiling stock and mushrooms and whisk, scraping up browned bits, until sauce is nappé. Season to taste with salt and pepper.
10. Plate the salmon, drizzle with sauce and garnish with asparagus tips.