



# Salmon meuniere with wasabe mash

NIBBLEDISH CONTRIBUTOR

## Ingredients

### **Salmon meuniere / sauce:**

4 portions Salmon fillet  
1/4 c. unsalted butter  
1 1/2 tsp. fresh lemon juice  
1 tbsp. finely chopped parsley  
1/8 tsp. salt  
1 teaspoon Worcestershire sauce  
1 tablespoon heavy whipping cream  
4 Strips Nori  
Thyme/coriander seasoning (Carmensita Zanzibar seasoning optional)  
salt and Pepper  
Handfil of peanuts/almonds or walnuts (for sautéing)  
Flour  
4 pieces of Shrimp (optional for garnishing)

### **Wasabe Mashpotatoes:**

1 1/2 lbs potatoes, peeled and quartered length-wise  
1/2 teaspoon salt  
4 Tbsp heavy cream  
2 Tbsp butter  
1 Tbsp milk  
Salt and Pepper  
Wasabe powder

### **Asian Honey Mustard Side Salad:**

Greens

---

---

Tomatoes

5 tablespoons medium body honey (not that thick ones)

3 tablespoons smooth Dijon mustard

2 tablespoons rice wine vinegar (or cane vinegar)

2 tablespoons lemon

sugar to taste

## Instructions

My First Recipe here. I remember ordering a Trout Meuniere Amandin (Trout - fish belonging to the Salmonidae family.) in Paris last 2005 and who could resist the wonderful contrasts of the soft, succulent texture of the fish, the light tartness of the lemon-butter, and the sweet crunch of toasted almonds, right?

For our recipe we will try to have the same texture with a little asian taste into it.. and here comes the wasabe infused mashpotato, some nori and some asian honey mustard salad dressing. We will make this this as presentable as possible...

### **Salmon:**

Step0: Pat dry the Salmon fillet and rub some salt, herbs and flour(thinly) both sides.

Step1: Melt unsalted butter in a saucepan over low heat.

Step2: Place the Salmon until it turn light brown.

Step3: Place Herbs and spices. Wrap the salmon with Nori and sauté it for a short time.

Step4: Remove it from the saucepan.

### **Meuniere Sauce:**

Step1: Chop peanuts/walnuts/almonds. Melt butter in a heavy saucepan over low heat. Also toss the shrimps till cook. remove and rest.

Step2: Heat until butter turns light brown and has a nutty aroma. Swirl the pan

---

---

occasionally, so the butter doesn't burn.

Step3: Add the lemon juice and swirl the pan to incorporate. The butter will foam up.

Step4: Sprinkle with chopped parsley and salt; swirl to combine.

### **Wasabe Mashpotatoes:**

Step1: Put potatoes into a saucepan. Add 1/2 teaspoon salt. Add water until potatoes are covered.

Bring to boil, reduce heat and simmer, covered, 15-20 minutes, or until done - a fork can easily be poked through them.

Step2: Warm cream and melt butter, together, either in microwave or in a pan on the stove.

Drain water from potatoes. Put hot potatoes into a bowl.

Step3: Add cream and melted butter. Use potato masher to mash potatoes until well mashed gently place the desired wasabe powder.

Use a strong spoon to beat further, adding milk to achieve the consistency you desire. (Do not over-beat or your potatoes it will get gluey.) Salt and pepper to taste.

### **Asian Honey Mustard Side Salad:**

Step1: Combine honey, Dijon mustard, vinegar and sugar in a bowl and whisk until smooth. Serve as a dressing.

Thats it! now combine all and make a great presentation out of it. =) I made mine placing 2 salmon on top of the wasabe mash. Place the Asian salad on the side. Drizzle the sauces. Sprinkle the parsleys. And add lemon on the side.. shrimp on the center..

i enjoyed it.. Now its your turn to make those table conversation replaced with scattered moans and quiet mmm's. =) hope you like it.