



Taste and Savor

## 1 Quick Recipe:

### Blackberry-Shallot Glazed Salmon

3 TB Unsalted Butter, divided  
 ½ Cup Minced Shallots  
 1 Cup Red Wine  
 1 TB Lemon Juice  
 1 TB Chopped Parsley  
 5 TB Blackberry Preserves, (I like the [Passionate Preserver's](#) low sugar jams)  
 6 (5 OZ) Salmon Filets, skinless and boneless  
 Olive Oil  
 Freshly Ground Black Pepper and Sea Salt  
 1 Pint Blackberries for garnish

**Step One** To make the sauce, melt 2 TB butter in sauté pan on medium heat; add minced shallots and parsley when butter starts to bubble. Cook the shallots until tender. Add red wine and cook over low heat, uncovered, until reduced by half, about 25 minutes. The sauce should be syrupy in texture. Take the pan off the heat, add lemon juice and parsley to the reduction and with a wire whisk, incorporate blackberry preserves and remaining 1TB butter.

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4

**Step Two** Heat grill or grill pan to medium-high heat. Over medium high heat, grill salmon that has been sprayed or brushed with oil and sprinkled with salt and pepper until cooked as desired, about 3 minutes per side. Serve grilled salmon with sauce on top, and garnish with berries.



## 2 Kitchen Scoop

So that we could enjoy every drop of the yummy blackberry glaze, I served this up on top of a Cauliflower Mash. Here's the easy recipe:

1 Large Head Cauliflower in florets, cooked in microwave for 4 minutes or until soft

1/4 Cup Nonfat Greek Yogurt

2 TB Unsalted Butter

3 TB Shredded Parmesan

1 Tsp Sea Salt

Place the cauliflower in a clean

kitchen towel and squeeze the moisture out of it. Mash the warm cauliflower with the rest of the ingredients until "smooth-ish".

## 3 Clever Idea

You can love blackberries for more than just their flavor. Only 62 calories in a cup, these beauties are packed with almost 8 grams of fiber, and are a great source of Vitamin C and K. That's a lot of goodness in a delicious little package!

## 4 Cheers!

Domaine de L'R Chinon Le Canal  
 Des Grands Pieces  
 Loire, France  
 About \$20.00

Did you know that the Cabernet Franc grape is actually the father of Cabernet Sauvignon? Yup, it's true. So if you haven't had Cab Franc before – here's an excellent bottle to try. The winery, Domaine de L'R was founded in 2007 and has rapidly gained an excellent reputation among lovers of this grape. Farmed organically and made with minimal intervention, the pure clean flavors of the varietal shine. You'll enjoy the aroma and tastes of strawberries, plums, roasted peppers and stone.