



Taste and Savor

## 1 Quick Recipe:

### Wine Roasted Salmon

- 1 Large Red Onion, Cut in Half Moons
- 1 Large Red Pepper, Julienned
- 3 TB Olive Oil, divided
- 3 Tsp \*Poultry Seasoning, (purchased or homemade), divided
- ¼ Cup Dry White Wine
- 1 Tsp Sea Salt
- 1 (3 - 4 LB) Salmon Filet, skin removed
- Sea Salt and Freshly Ground Black Pepper
- 1 TB Honey
- 2 Lemons, Sliced Thickly

**Step One** Preheat the oven to 400F. Toss the onions and peppers, 2 TB of oil, 2 Tsp poultry seasoning, white wine and salt together in the bottom of an oven proof pan or skillet. (Make sure your skillet or pan is broiler safe.)

**Step Two** In a small bowl, whisk together the remaining 1 TB oil, poultry seasoning and honey. Add the salmon on top of the veggies and drizzle the bowl mixture over the salmon and rub to evenly distribute. Sprinkle with salt and pepper.

**Step Three** Slide into the preheat ed 400F oven. Roast for about 15 -

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4



20 minutes or until ALMOST desired doneness.

**Step Four** Turn on the broiler, and carefully move the HOT pan to the top shelf of the oven and broil for 2 or 3 minutes just to brown the top of the salmon. Remove from the oven and place slices of lemon on top. Serve it up in the skillet or pan, letting everyone know that they should scoop up some onion and peppers with the fish and a slice or two of lemon to squeeze over it.

## 2 Kitchen Scoop

Roasting time will depend on the size and thickness of your salmon

filet. Plus, some of us like our salmon more or less cooked. To check on how done the salmon is, just use a thin sharp knife to pierce the flesh and see how opaque the middle is. The more consistently light pink, the less rare.

## 3 Clever Idea

Chances are the only thing you are using poultry seasoning in is Thanksgiving dressing! It deserves much more use than that - its herbal flavors are a super match for Chardonnay! Here's an easy recipe to whisk up: 4 Tsp Ground Sage, 3 Tsp Ground Thyme, 3 Tsp Ground Marjoram, 2 Tsp Ground Rosemary, 1/8 Tsp Ground Nutmeg, 1 Tsp Ground White Pepper. If you don't have these spices ground just use whole spices and a spice grinder.

## 4 Cheers!

### Louis Jadot Chardonnay

Bourgogne (Burgundy) France  
About \$18

From one of the most revered wineries in Burgundy, this wine is a "game changer" if you don't think you like Chardonnay. Its aged in stainless steel and oak, bright, crisp and fresh-tasting and made with grapes from the Mâconnais and Côte Chalonnaise areas in Burgundy. The flavors and aromas of pear, apple and citrus are a winner with the green herbal notes of the poultry seasoning and the rich buttery salmon.