

# ENTERTAINING AT HOME

by PRIVATE CHEF ALBRICH



## Marinated Salmon *with a Medley of Mushroom Ragout*



**Chef Albrich**  
*where art meets fine dining*

### CONTACT INFO:

Chef Albrich  
Tel: 305.817.2955  
Chef@ChefAlbrich.com  
PO Box 545935  
Miami Beach, FL 33154  
[www.ChefAlbrich.com](http://www.ChefAlbrich.com)

From intimate dinner parties to BBQs for several hundred people, Chef Albrich will delight your guests and make your event a real culinary success. Call early for your next affair.

Another scorching Florida summer, so this month we are bringing you a recipe that is healthy, light and easy to prepare. The key here is to marinate your salmon fillets for several hours to make sure all the wonderful ingredients get a chance to penetrate the fish.

You can prepare this dish on top of arugula leaves or with some rice. If you are watching your carbs, we suggest you go with the arugula option. This recipe will include the preparation of the salmon and the medley of mushroom ragout.

### Ingredients for marinade/sauce

(yields 4 servings)

4 tbsp. olive oil  
1 tbsp. honey  
1/2 lime juiced  
1 tbsp. Japanese vinegar  
1 tsp. soy sauce  
1 garlic clove pressed  
1/8 tsp. cayenne pepper (or to taste)  
Salt & pepper to taste  
1.5 lb. sashimi quality fresh salmon

### Ingredients for Mushroom Ragout

(yields 4 servings)

4 oz mixed fresh mushrooms (ours included crimini, shitake & oyster)  
2 tbsp. olive oil  
1 finely chopped fresh ginger  
2 garlic cloves pressed  
1/2 lime juiced  
1 tbsp. Japanese vinegar  
1 tsp. soy sauce  
1/2 cup fish stock (can use chicken)  
1 tbsp. flour  
3 green onion stalks chopped  
Salt & pepper to taste

### Preparation for Marinade and Salmon

Combine all ingredients for the marinade (except the salmon) and using a whisk, beat for a few minutes until all is blended and the mixture has consistency. Cut salmon fillet into 4 even pieces. Salt and pepper the fillets to taste. Place in an ovenproof pan at least 1.5 inch deep. Pour the marinade over the fillets and place in the refrigerator covered for several hours.

When ready to cook place the pan with the fillets and the marinade uncovered in a preheated 350 degree oven for about 15 minutes or to your taste.

### Preparation for Medley of Mushroom Ragout

Cook chopped shallots in olive oil until clear over medium-high heat. Add garlic, ginger, mushrooms and sprinkle the flour. Mix with a wooden spoon until flour starts to stick at bottom of pan. Add stock and stir thoroughly. Cook over medium low heat for about 1-2 minutes covered.

Cut green onions slightly diagonally and in about one inch pieces. Add this to the cooked medley of mushroom ragout.

### Plating the dish

Put some of the mushroom ragout on a plate and place a salmon fillet on top. Make it look like the photo in this article. OPTIONAL: If you like, you can make either white rice or mashed potatoes and place it in the center of the plate with the salmon fillet on top and the mushroom ragout around.