

Honey Balsamic Baked Salmon

With tri-color pepper compote over rustic mashed potatoes.

June 2014 by Camine Pappas

Instructions for FULL MEAL:

Serves 6

FOR SALMON:

6 4-5 oz. salmon filets, patted dry
¼ C Good extra virgin olive oil
4 T cinnamon balsamic vinegar or other sweet flavor
1 T yellow mustard
2 t honey
Salt and pepper

4 garlic cloves sliced thinly

Place a bit of oil on bottom of roasting pan. Mix the oil, vinegar, mustard, honey and salt and pepper together.

Brush onto the salmon and top with the garlic.

Add a little more salt and pepper to the top. Bake in a 375 degree oven for about 15 minutes. Remove and cover with foil while you wait to serve.



FOR TRI-COLOR PEPPER COMPOTE:

½ green, yellow and red pepper sliced into long strips. 2 T olive oil. Salt and pepper. A bit of honey, and about 1/3 C white wine to deglaze. Heat pan, add oil, add peppers and cook on high until caramelized but they're still firm. Add salt and pepper, then white wine and let reduce, then honey. Toss to warm up honey.

FOR RUSTIC MASHED POTATOES:

Cut 3 red potatoes and 3 white potatoes into 1 inch cubes. Bring 1 quart of water to boil. Add the potatoes and cook until very soft. About 10 minutes. Drain and add ½ cup heavy cream, 4 T butter and salt and pepper. With a large fork, begin blending until it starts to come together like mashed potatoes but still chunky.

©Photo and Recipes by Copyright, Camine Pappas, 2014