

Salmon with White Chocolate Sauce



Serves: 4

Profitability:

Steps:

Melt 3 tablespoons butter in a small saucepan over medium heat

Then add the flour and mix well

Add the fish broth, stirring constantly to incorporate and cook the flour

Let the sauce cook on low heat for 15 minutes, stirring regularly

Add lemon juice, white chocolate and green pepper corns (optional)

Add salt to taste

Melt 2 tablespoons butter in a nonstick pan over medium heat

Cook the pieces of salmon for about 5 minutes per side until it has browned

Add salt and pepper to taste

Serve the salmon with rice, sauce and cooked asparagus or broccoli

Ingredients:

3 tbsp butter

3 tsp all-purpose flour

1 cup fish broth

6 tsp fresh lemon juice (unsweetened)

60g white chocolate (not too sweet)

1 tbsp fresh, green pepper corns (optional)

2 tbsp butter

2 pounds filet of salmon cut into 120-150g portions

Salt and pepper