

## Butter Poached Salmon w/ Garlic Whipped potatoes and Rosemary Sautéed Mushrooms

1 50g piece of Salmon  
20 ml unsalted butter  
1 large baking potato, cut into 6  
30-50 ml heavy cream  
30 ml margarine  
2 cloves fresh garlic, minced  
5 ml fresh rosemary, MINCED  
9 white mushrooms, sliced  
30 ml butter  
25 ml finely minced shallot  
15 ml olive oil  
Salt, pepper, seasoned salt, parsley, etc as desired  
Green Beans

Fill a pot of water with a small amount of hot water. Bring to the boil. Add the beans and blanch for 2-3 mins. Remove from hot water and plunge into bowl of ice water to stop the cooking process. Set aside.

Peel and cut potatoes and add to the water in the pot. Add more water just until potatoes are covered. Bring it to the boil and cook potatoes till fork pierces the flesh easily.

While the potatoes are cooking slice each mushroom and mince the shallot. In a small Teflon frypan heat up 5 ml of the olive oil and the salted butter. Cook the minced shallots for 1 min on med-high heat and then add the mushrooms and 5 ml minced rosemary and any other seasonings you desire.. Stir often and sauté for about 3 mins and then remove from the pan.

When potatoes are cooked, tip lid and drain off water. Put potatoes in your small bowl. Add the garlic and butter to the pot and cook on med for 30 secs. Add the milk and warm for 15 sec. Add the potatoes back and mash them first, then use the electric mixer and whip the potatoes until smooth. Season as desired.

In the same Teflon pan heat up the other 10 ml of olive oil. Salt and pepper a medium plate and lay the fish on it skin side down, (**if using skinned fish then use a little less salt and pepper**) then sprinkle a little salt on the flesh of the salmon. Once the oil in the pan is hot place the fish in the pan skin side down and cook for about 3 mins or until the skin begins to crisp up and the fish begins to have a white cooked line around the edge.

Now add the 30 ml of UNSALTED butter to the pan and once the butter is bubbling, begin to spoon the hot butter on top of the fish. Watch your heat, **DO NOT LET THE BUTTER BURN**. Then gently turn the fish over and cook the flesh side for about 15-20 seconds to lightly brown the top. Plate on top of the mushrooms with a mound of whipped potatoes on the side. Return blanched beans to fry pan for 1 min to finish cooking and season as desired.