



Gourmet Salmon Dinner

by Pierce Abernathy

Ingredients

for 2 servings

CREAMY SHALLOT POTATO PUREE

4 tablespoons butter, divided

2 shallots, thinly sliced

2 cloves garlic, minced

1/3 cup whole milk

1 1/2 teaspoons white pepper

1 teaspoon salt

2 lb yellow potato, peeled, quartered, and boiled until tender (905 g)

SAUTÉED VEGETABLES

olive oil, to taste

1 cup porcini mushroom, trimmed and quartered (75 g)

1 bunch asparagus, ends trimmed

salt, to taste

pepper, to taste

CRISPY SKIN HERB-CRUSTED SALMON

2 skin-on salmon fillets

salt, to taste

pepper, to taste

fresh thyme, to taste

olive oil, to taste

2 tablespoons butter, cubed

3 cloves garlic, crushed

Nutrition Info

Shop ingredients with
[Walmart](#)  Grocery Pickup

Calories **1096**

Fat **60g**

Carbs **102g**

Fiber **11g**

Sugar **9g**

Protein **37g**

Estimated values based on one serving size.

Preparation

- 1** Make the creamy shallot potato puree: Melt 3 tablespoons of butter in a medium pan over medium-high heat. Add the shallots and cook for 3-4 minutes, until softened.
- 2** Add the garlic and another tablespoon of butter and continue to cook for another 3-4 minutes, stirring frequently, until the shallots are browned.
- 3** Add the milk, white pepper, and salt and stir to incorporate.
- 4** Transfer the shallot mixture to a food processor and process until smooth.
- 5** Mash potatoes in a large bowl. Add the shallot puree and continue to mash until fully incorporated. Set aside.
- 6** Make the sautéed vegetables: Heat a drizzle of olive oil in a large pan over medium heat. Add the mushrooms and cook for 5 minutes, stirring occasionally, until starting to soften.
- 7** Push the mushrooms to one side of the pan and add a bit more oil. Add the asparagus and season everything with salt and pepper. Cook for 5 minutes, until the vegetables are tender. Remove from the heat and set aside.
- 8** Make the salmon: On a cutting board, cut 4 slits in the salmon skin, roughly ¼-inch (6 mm) apart and ½-inch (12 mm) into the salmon flesh. Season with salt, pepper, and thyme leaves.
- 9** Heat a drizzle of olive oil in a medium pan over medium-high heat. Add the salmon, skin-side down. Cook for 3-4 minutes, or until a lighter pink color has reached ⅓-½ of the way up the side of the salmon.
- 10** Flip the salmon and immediately add the butter, garlic, and a few sprigs of thyme. Stir the garlic and thyme around the pan to infuse the flavors and spoon the butter over the salmon for 2 minutes more, until the salmon is cooked through. Remove the salmon from the pan.

11 Add the potato puree to plates and top with the sautéed vegetables and salmon.

12 Enjoy!