

Seared Salmon

Serves: 4

Procedure

Chestnut Butter

Using a blender, Blend nuts, ale, water, honey, Dijon mustard until completely smooth. Add xanthan gum and continue to blend while adding oil in slow stream to emulsify.

Grits

In a pan, sweat onions until translucent. Add crushed garlic. Add water, salt and 1 Tablespoon butter. Bring to a boil. Add grits while stirring continuously. Reduce the heat to a simmer. Stirring often until grits are thick and water have absorbed.

Stir in milk slowly while stirring. Continue to cook until grits are tender and milk has absorbed.

Add in remaining butter and add pepper to taste. Stir.

Seared Salmon

Gently press salmon filets between two paper towels to dry. Season both sides of the salmon with salt.

In a fry pan, add oil and heat. Place salmon skin side down and gently press in place. Continue to cook until skin lifts easily from pan. About 4 minutes. Flip and sear the salmon for 30 seconds.

Apple Cider Sauce

Emulsify apple cider, lemon zest and xanthan gum. Slowly add in butter and lemon juice to finish.

Roasted Sweet Potato

Cut cubes of sweet potato and yams.

In a baking dish, drizzle olive oil over sweet potato, yams and chestnuts. Roast in oven 350 until tender. About 10 minutes. Sautee mushrooms in a pan with butter until tender.

Ingredients

Chestnut Butter

150g chestnuts, toasted
6oz Pale Ale
100g water
50g honey
25g Dijon mustard
.5g xanthan gum
200g soy oil

Grits

4 cups water
 $\frac{3}{4}$ tsp salt
2 tbsp butter
1 cup white grits
1 cup milk
 $\frac{1}{4}$ tsp black pepper
1 whole onion
2 cloves garlic

Salmon

4 6oz salmon filet

Apple Cider Sauce

1 quart apple cider
1 lemon zest
1.25g Xanthan gum
 $\frac{1}{2}$ lb butter
1 lemon juiced

Vegetables/Nuts

1 Sweet Potato, cubed
1 Yam, cubed
8 chestnuts, halved