



### **Sautéed Steak Medallions with Mushrooms and Red Wine Pan Sauce**

8 ounces tender beef, cut into equal sized medallions  
1 tablespoon olive oil  
¼ cup dry red wine  
6 ounces beef stock or demi-glace  
2 tablespoons heavy cream  
4 ounces button mushrooms, thinly sliced  
1 shallot, minced  
1 clove garlic, minced  
2 sprigs fresh thyme, leaves only  
Salt and pepper

- Season beef with salt and pepper. Preheat a saute pan to medium heat and add 2 teaspoons olive oil.
- Cook beef until nicely caramelized on the one side; turn and continue cooking to desired doneness. Remove from pan; keep warm.
- Add mushrooms, shallots and garlic to pan; cook, stirring occasionally, until mushrooms are golden brown and tender.
- Add wine; cook, scraping up any brown bits on the bottom of the pan, until reduced by half.
- Add the stock and heavy cream and cook until thickened, about 3-4 minutes
- Remove from heat; season with thyme, salt and pepper. Serve over steaks.

### **Sautéed Salmon with Green Beans and Citrus Beurre Blanc**

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| 1 teaspoon olive oil                             | ½ teaspoon honey                      |
| 2 salmon fillets                                 | ¼ orange, zest and juice              |
| ¼ shallot, sliced thin                           | 2 tablespoons heavy cream             |
| 1 clove garlic, sliced thin                      | 1 tablespoon butter (must be chilled) |
| 1 cup green beans, blanched, trimmed and chilled | 1 tablespoon parsley, chopped         |
| ½ cup white wine                                 | Salt and pepper                       |
| ¼ cup white wine vinegar                         |                                       |

- Bring a heavy nonstick skillet to medium-high heat. Add 2 teaspoons oil to coat the bottom of the pan.
- Lightly season the salmon with salt and pepper. Add to pan and cook on first side until golden brown and a nice crust has formed.
- Turn salmon and add green beans to the pan. Continue sautéing salmon until just cooked through and green beans until just heated. Remove both from pan.
- Reduce heat to medium-low and add shallots and garlic, cook until translucent (about 1-2 minutes).
- Add white wine, honey and vinegar and reduce until about 2 tablespoons remains.
- Add heavy cream and bring to a boil, reduce by half.
- Turn off heat and stirring constantly add butter until completely melted.
- Stir in parsley, orange juice and zest and season with salt and pepper.

## Sautéed Chicken with Sicilian Style Pan Sauce and Toasted Couscous

1 to 2 tablespoons olive oil  
2 chicken breasts, split and pounded thin  
6 ounces chicken stock  
½ cup white wine  
½ cup cherry tomatoes, sliced in half  
1 garlic clove, sliced  
1 tablespoon golden raisins  
1 teaspoon pine nuts, toasted  
1/8 teaspoon crushed red pepper flake (optional)  
½ teaspoon honey  
1 tablespoon butter  
Fresh parsley  
Salt and pepper

- Preheat heavy skillet over medium heat and; add just enough oil to coat the bottom of the pan.
- Lightly season the chicken with salt and pepper
- Cook chicken, turning once, until they are browned and just cooked through. Remove from pan.
- Add cherry tomatoes and cook until coated in fat and skins are just beginning to burst (about 3 minutes)
- Add sliced garlic, cook until garlic begins to shimmer in oil (about 30 seconds)
- Add wine and golden raisins, pine nuts and crushed red pepper, increase heat to high and reduce wine by ½
- Add chicken stock, bring to boil and reduce by ½ until almost thick enough to coat the back of a spoon.
- Turn off heat and stir in butter and parsley
- Taste and adjust seasoning, serve with warm couscous