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GOOD MUSHROOMS ...

... GOOD LIFE

RECIPE: CHANTERELLES AND SALMON

(4 servings)

INGREDIENTS / AMOUNT

Four pieces of salmon fillet
half pound of chanterelles
knob of butter clove of garlic
two desert-spoons salted capers
dill, salt and black pepper
half a glass white wine
desert-spoon of Dijon mustard
half-a-cup mix of double cream or creme fraiche with thick yogurt
juice of one lemon

PREPARATION/PROCEDURE:

In a good pan that won't stick, fry the salmon skin side down in half the butter for three or four minutes depending on thickness, and then sprinkle with chopped capers, crushed garlic, pepper, salt and dill. Turn fish over for one minute before turning out onto oven proof dish and putting in medium warm oven.

Put cleaned Chanterelles in same frying pan with the other half of butter and fry for a minute or two before adding cream-yoghurt mixture and half the wine and cooking on moderate heat for a further two minutes. As the sauce begins to bubble, take salmon from oven and squeeze lemon juice over the fish before carefully removing it to a warm serving dish while at the same time scraping any capers, garlic or dill that may be attached back into the butter, lemon and fish juices. Add the other half glass of wine to this mixture and scrape the lot into the Chanterelles which you then cook over a high heat for a further two minutes before immediately serving alongside the salmon.

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