

## **Let Them Eat Salmon**

By late this week our temperatures should put us firmly into autumn mode and I can't tell you how excited that makes me. Fall is such a glorious time of year with its panorama of colors, the exhilarating snap in the morning air and all of the hustle and bustle of farmers bringing in their crops. It is just one more reason that many of us choose to live in the country away from big cities.

As we move closer to winter I firmly believe more appreciation and attention turns to enjoying great foods with it all culminating in those magnificent spreads for Thanksgiving and Christmas. It may be one of those hibernation things; our unexplainable need to bulk up for cold weather. I allow myself 2 or 3 extra pounds this time of year just for its insulation value. (Yeah....right!)

In actual fact, our food treat today is a healthy one and a recipe that had become a standard for my family long before we used it with great success in our restaurant. I've always counted a recipe as something extra special based on reactions from diners and this is one you really need to try. It's a keeper.

### **Salmon Patties**

(8 patties or 4 servings)



I've always prepared these patties with fresh salmon that I bake just before needed. I like the salmon to be just done so that it flakes nicely but is not dried out. You can certainly use canned salmon but I don't think you will get the same results.

Combine in a medium bowl:

- 1 pound baked salmon
- 1 ½ cups mashed potatoes
- ¼ cup heavy cream
- 1 tablespoon chopped fresh parsley
- 1 teaspoon snipped fresh dill
- 1 teaspoon snipped fresh chives
- ¼ teaspoon ground red pepper
- Juice from ½ lemon

Sea salt to taste

Into three shallow bowls put:

2 cups fresh breadcrumbs

2 cups all purpose flour

4 large eggs, whisked until frothy

Start by shaping your salmon mixture into 8 equal patties. Take each patty and coat lightly with flour, shaking off excess. Dip each quickly into your eggs and let any excess drip off. Finally, coat each with breadcrumbs.

In a large non-stick skillet heated to medium melt:

2 tablespoons unsalted butter

Add as many of the patties as will fit comfortably in your skillet. Cook each side until golden brown, approximately 2 to 3 minutes for each side. Remove and repeat until all of your patties are ready to serve. Put a lemon wedge or two on each plate and garnish with a sprig of fresh parsley.

Your patties are great just as they are but I have a softness for side sauces and there are two, in particular, I highly recommend.

### **Homemade Tartar Sauce**

1 cup good quality mayonnaise, purchased or made yourself

Stir in:

1 tablespoon minced scallions (or onions)

1 ½ teaspoons minced sour gherkins or dill pickles

1 ½ teaspoons drained capers

1 ½ teaspoons sweet pickle relish.

1 or 2 dashes of lemon juice

and hot red pepper sauce to taste (optional)

Serve sprinkled with 1 tablespoon minced fresh parsley and 1 tablespoon finely snipped fresh chives.

Also, one sauce that I would never be without when enjoying fish or any style of shellfish, was first enjoyed in South Florida at the legendary Joe's Stone Crab restaurant:

### **Joe's Stone Crab Mustard Sauce**

(Makes a bit more than one cup)

1 tablespoon Coleman's dry mustard, or to taste

1 cup mayonnaise

2 teaspoons Worcestershire sauce

1 teaspoon A-1 Sauce

¼ cup heavy cream or whole milk  
Salt to taste

Place the Coleman's dry mustard in a bowl and add the remainder of your ingredients. Mix until well blended and creamy. Chill the sauce, covered, until ready to serve.

There are quite a few great wines that would compliment this dish really well and we've settled on two this week that should offer most people a great match for their individual tastes.

Hands down, one of the nicest Chardonnays on the market that won't cost you an arm and a leg to enjoy is the 2002 Louis Latour Grand Ardèche Chardonnay from the Coteaux de L'Ardèche in France. This wine has great balance with just the right amount of bright fruit and soft, round buttery styling. In fact, the taste characteristics include pineapple, vanilla, butterscotch and melon.

If your tastes run to a fruitier styling, we are so very lucky to have available again for the fall the 2004 Gysler Weinheimer Riesling Kabinett from Germany's Rheinhessen region. Kabinett wines in Germany are produced from the best quality grapes during the main harvest that are separated and crafted into wines of great complexity and styling. Many years ago in Germany, these special wines from the harvest were kept secured in special locked areas of the cellar call wine kabinetts and only used for honored guests or to celebrate special occasions. The name, Kabinett, has been used to describe essentially the "reserve" of the main harvest ever since.

The wine is described from tasting notes as "a complex, fruity aroma, ripe mango and mirabelle, meyer lemon and papaya." This treasure is addictive and will provide a great taste experience with each "pop."

Please let us know if you have any questions at (888) 288-0668 or visit us on the web at [www.winedog.com](http://www.winedog.com). Cheers!