

HONEY MUSTARD GLAZE

Ingredients

- 2 oz Honey
- 1 oz Dijon Mustard
- 1 oz Grainy Mustard

Instructions

1. In a stainless-steel bowl mix together with a spoon to combine, and then reserve

BASIL VINAIGRETTE

Ingredients

- 1 tsp Red Wine Vinegar
- 3 tsp Olive Oil
- ½ tsp Dijon Mustard
- 2 Chopped Leaves of Basil
- Salt and Pepper to Taste

Instructions

1. In stainless steel bowl add vinegar, mustard, chopped basil, and salt and pepper to taste
2. Mix with a whisk and slowly drizzle olive oil until blended, and then reserve

TOMATO AND PEARLY COUSCOUS RAGOUT

Ingredients

- 3 oz Pearly Couscous Cooked al dente
- 2 oz Heirloom Tomatoes Diced
- 1 tsp Chopped Basil
- ½ tsp Garlic Minced
- 1 tsp Shallot
- Salt and Pepper to Taste
- 1 oz Olive Oil

Instructions

1. In a medium sauté pan over medium heat, sauté in olive oil tomatoes, garlic and shallots until soft
2. Then add chopped basil and cooked pearly couscous. Add salt and pepper to taste
3. Cook under five minutes until combined and cooked hot, and then reserve hot

ATLANTIC SALMON

Ingredients

- 6 oz Atlantic Salmon
- 1 oz Olive Oil
- 2 oz Honey Mustard
- Salt and Pepper to Taste

Instructions

1. Brush small pan with olive oil, season salmon with salt and pepper flesh side only and place flesh side up in pan
2. Place in preheated broiler and cook for two minutes, then remove
3. Brush with honey mustard and broil for two minutes, then remove
4. Brush again and broil for two to three minutes until salmon is cooked medium, which is light pink in center. The fish should be firm

PLATING

Place salmon on a plate on one side and couscous on the other side and drizzle vinaigrette between them and garnish with torn basil leaf. Bon appétit!