

Baked Salmon with mustard aioli and panko

Serves 4

Ingredients

2 tbs plus 1 tsp distilled white vinegar

2 tbs sugar

2 tbs Dijon mustard

1½ tsp dry mustard

1/3 cup vegetable oil

4 6 to 7 ounce salmon fillets

Dried thyme

1 cup panko

Salt and pepper to taste

Preparation

Place vinegar, sugar and both mustards in blender. With machine running, slowly pour in oil and blend until medium-thick sauce forms (Can be made 1 day ahead and chilled).

Preheat oven to 375⁰F. Lightly grease 13 x 19 inch baking pan. Arrange salmon in prepared dish, skin side down. Season with dried thyme, salt and pepper. Spread 1 tablespoon mustard sauce over each fillet, covering completely. Press panko onto fish. Bake salmon until cooked through and panko topping is crisp and golden brown, about 20 minutes.

Using a large spatula, transfer salmon fillets to serving platter. Serve, passing remaining mustard sauce separately.

(Adapted from epicurious.com)

Israeli Couscous and sautéed vegetables

Makes 4-6 side servings

Ingredients

2 cups chicken broth (low sodium) or water, or combination of the two

1 cup Israeli couscous

¾ cup mushrooms coarsely chopped

½ cup diced red and orange peppers

1 shallot sliced

Juice of one lime

1 tbs dried basil

Good quality olive oil

Salt and pepper to taste

Preparation

Bring broth or water to boil. Add couscous lowering heat to simmer. Keep stirring until liquid is absorbed. Check that the couscous is tender. If it is not, add water and continue to cook until the couscous is at the right consistency. Add olive to avoid couscous becoming gummy and sticking together.

At the same time that the couscous is cooking, start sautéing vegetables. Start by sautéing mushrooms in about 2 tablespoons of olive oil and two tablespoons of butter. Sprinkle with salt and pepper to taste. Cook until nicely browned and liquid from mushrooms is absorbed. Add peppers and shallots and cook till tender. When vegetables are cooked combine with couscous, lime juice and basil. Season to taste with salt and pepper. Add olive oil if necessary to prevent couscous from sticking together.

Can be served warm with main dish, or at room temperature.