

Grilled Strip Steak

Ingredients

- 1 (5 oz. Salmon Steak)
- Salt and freshly ground black pepper
- Olive oil

Directions

Pat salmon dry and season with salt and pepper. Place on hot oiled grill and grill about 2 minutes on each side.

Tomato Coulis

Ingredients

- 1 oz. (1 Tablespoon) Olive Oil
- 1/2 cup Onions, minced
- 1/3 oz. (1/2 Tablespoon) Garlic, minced
- 1/2 cup Tomato paste
- 3/4 cup Red wine
- 3/4 pounds Fresh plum tomatoes
- 3/4 cup Chicken stock
- 1 sprig Basil
- 1/2 sprig Thyme
- 1/2 leaf Bay Leaf
- 1/8 teaspoon Pepper, to taste

Directions

Heat the olive oil; sauté the onions until they are tender. Add the garlic, spinach and peppers and sauté briefly. Add the tomato paste; caramelize it lightly. Add the red wine, tomatoes, stock, basil, thyme, and bay leaf. Simmer the mixture for approximately 45 minutes. Remove and discard the herbs. Run the mixture through a food mill with a course plate. Adjust the consistency if necessary. Finish the sauce with the pepper. Cool the sauce and hold it under refrigeration.

Garlic Sautéed Spinach & Roasted Red Peppers

Ingredients

- 1-1/2 pound Baby spinach leaves
- 1-1/2; cups Roasted red peppers
- 2 Tbs. Olive oil
- 2 Tbs. (6 cloves) Garlic, chopped
- 2 tsp. Kosher salt
- 3/4 tsp. Ground black pepper
- 1 Tbs. Butter, unsalted
- Lemon
- Sea or kosher salt, optional

Directions

Rinse the spinach well in cold water to make sure it is very clean. Spin it dry in a salad spinner, leaving just a little water clinging to the leaves. In a very large pot or Dutch oven, heat the oil and sauté the garlic over medium heat for about one minute, but not until it is browned. Add all the spinach, the salt and pepper to the pot, toss it with the garlic and oil, cover the pot, and cook it for two minutes. Uncover the pot, turn the heat on high, and cook the spinach for another minute, stirring with a wooden spoon, until all the spinach is wilted. Using a slotted spoon, lift the spinach to a serving bowl and top with the butter, a squeeze of lemon, and a sprinkling of sea or kosher salt. Serve hot.