



COOKING DEMOS

WITH CHEF MARK RIGANO

Friday, May 1 @ 11 AM

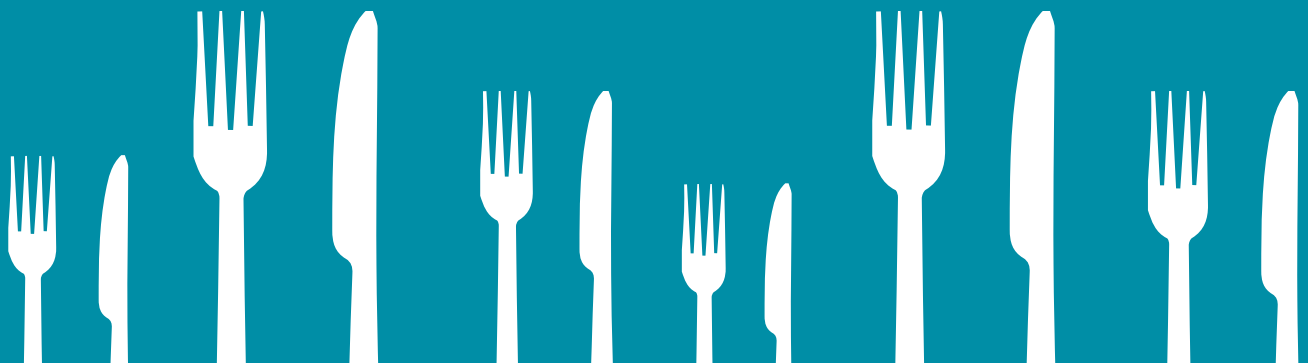
PAN-SEARED SALMON

Ingredients:

Salmon Filet (6-8oz)	2 each
Kosher Salt and Black Pepper	To Taste
Clarified Butter or Olive Oil	As Needed

Method:

1. Heat sauté pan on high heat, add oil or butter. Should be hot enough so the fat is lightly smoking. Sear until golden brown on both sides.
2. Preheat oven to 400 degrees. Place filet on pan or preferably a roasting rack and cook to an internal temperature of 115 degrees for moist salmon. Let rest for a few minutes, then serve.





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CAPER BUTTER SAUCE

Ingredients:

Shallot, minced	1 tablespoon
White Wine	1/4 cup
Heavy Cream	1 tablespoon
Whole Butter, unsalted	1/2 #
Lemon Juice	To Taste
Kosher Salt	To taste
Capers, chopped	1 tablespoon
Chives, Minced	2 teaspoon

Method:

1. Place shallot, white wine and cream in a heavy bottom sauce pot, reduce until almost dry. Should be thick in consistency.
2. Over low to medium heat, slowly emulsify cold butter in to reduction whisking constantly, add capers, season to taste with lemon, and kosher salt. Reserve in a warm place, if it gets too hot the sauce will break.

