

A recipe from

DAD'S COOKBOOK



Rating:



Dill, Tomato and Wine Sauce

Similar to Recipe in "The Irish Pub Cookbook" by Margaret M. Johnson

Flavorful fish needs a complementary sauce to really shine on the palate. This sauce is a proven winner in pubs across Ireland...

1 Tbsp unsalted butter

1/3 cup minced shallots

1/2 cup dry white wine

3/4 cup fish broth or stock

3/4 cup heavy cream

freshly ground white pepper

2 ripe tomatoes (Romas)

1 Tbsp minced fresh dill

mixed greens for garnish

Put 2-3 quarts water on to boil. In a small skillet over medium heat, melt butter and sweat the shallots for 4-5 minutes, until soft. Don't brown the shallots! Add wine and cook for a few minutes, until volume is reduced by about half. Add fish stock and cook again for a few minutes, until volume is reduced by half. Add cream and cook for about 4-5 minutes, with stirring, until sauce is creamy and smooth. Season with pepper, then filter through a fine mesh sieve. Return sauce to heat, set for medium-low.

Drop tomatoes into boiling water for 15-20 seconds, then remove and peel. Quarter the tomatoes and wash out the seeds, then chop the meat to desired size bits. Add to the sauce, along with the dill. Stir to combine, then reduce heat to lowest setting and keep sauce warm until ready to pour over fish.

To serve: Place fish (salmon cakes, cooked or poached fillets, whatever you have) onto a bed of greens. Drizzle or spoon some sauce over the fish, then serve with remaining sauce on the side.

Yield: Sauce for four servings of fish

Preparation time: 10 minutes

Cooking time: 20-25 minutes, while fish is cooking

