

ingles

Cooking with Class



Salmon Pomodori Formaggio (4 servings)

1 lb salmon fillet
2-6oz cans Italian whole peeled tomatoes
½ cup heavy cream
8 cloves fresh garlic, minced
1 yellow onion, diced
Fresh dill, basil, pinch of crushed red pepper
Grated pecorino-romano cheese
Salt & pepper
Extra virgin olive oil
Optional: fresh dill

In a large stock pot: Lightly cover bottom of pot with oil. Saute and garlic and sprinkle with salt and pepper. Add tomatoes to pot and crush. Stir in chopped basil and dill. Keep mixture at low boil. Stir in heavy cream and crushed red pepper. (Making sure all of the ingredients are the same temperature.) Add salmon. Let cook for 15 minutes, stirring occasionally to keep mixture from sticking. Add cheese. Let stand 5 minutes and serve.

Nutritional information: 380 calories, 27 grams of fat, 6 grams carbohydrate