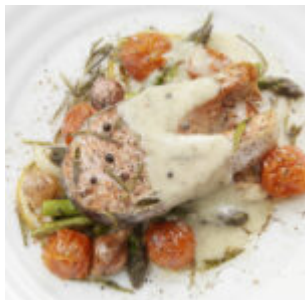


Baked Salmon with a Louisiana Cream Sauce



Plan Z Phase: This is a Z2 (ZReduction) recipe.

This recipe is very similar to one that was in Bon Appetit in 1994. I had to do a considerable amount of Zola-fying to get it so we can have it on the diet. The sauce will make you feel so gourmet and it's very easy to make. You don't have to spend a lot of time in the kitchen, either. Make the sauce and then pop the salmon in the oven and walk away til the buzzer tells you it's ready.

Serving Size: Serves 4

For the sauce

- $\frac{1}{2}$ cup of whipping cream
- $\frac{1}{3}$ cup of Creole mustard or any grainy mustard will work (no sugar)
- 4 tsp of Worcestershire sauce
- 1 Tbl of Dijon mustard
- $\frac{1}{4}$ tsp of ground pepper
- $\frac{1}{2}$ tsp of dried basil or Italian seasoning
- $\frac{1}{4}$ tsp of cayenne (optional)

- $\frac{1}{4}$ cup of sour cream (Z3 ONLY)

For the fish

- 4 salmon steaks or fillets
- 4 Tbl of Braggs Aminos
- 4 tsp of lemon juice

Instructions:

Preheat oven to 400 degrees.

In a small sauté pan add all of the ingredients for the sauce. Bring to a bubble and cook, stirring often on medium til it starts to thicken. This will only be maybe five minutes maximum. Turn off.

In an ovenproof dish add the fish, skin side down. Drizzle on the Bragg's Aminos and the lemon juice.

Bake in your oven for approximately 18 – 20 minutes or until it's done to your liking. I like mine cooked through but still moist. That would be closer to the 18 minutes.

Just gently reheat the sauce and serve 2 Tbl of sauce over each piece of fish. You'll likely have a bit of leftover sauce.

If you are making this in Z3 (ZReboot) you can add 1/4 of sour cream to the sauce, stir and reheat to serve.

This sauce tastes great either way. The one with the sour cream in it is just fluffier.

Enjoy!

Cheers,