

Baked Salmon on Wild Rice and Asparagus with Raspberry-Honey Sauce

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1 1/2 c wild rice
3 c chicken stock
4 (6-oz.) salmon fillets, skin removed
1/4 tsp coarse salt
1/4 tsp cracked black pepper
1 tbsp olive oil
3 c sliced asparagus (1 1/2 inches)
1 1/2 c fresh or thawed frozen raspberries
1 1/2 tbsp honey

Cook rice according to package directions, substituting 3 cups chicken broth for water.

Rice and stock brought to a boil and then stirred once.

Rice covered with a tight-fitting lid and simmered over low heat 50 minutes; allowed to stand 10 minutes and fluffed with fork. Add butter and salt to taste.

Heat oven to 475°F about 20 minutes before rice is ready.

Sprinkle salmon with salt and pepper.

Heat large skillet over medium heat until hot. Add 1 1/2 teaspoons of the oil; heat until hot.

Cook salmon top-side down 2 to 3 minutes or until light brown (do not turn). Meanwhile spread rice in 13x9-inch baking pan.

Arrange salmon over rice.

Cook asparagus in the same skillet 2 minutes or until bright green.

Arrange asparagus over rice. Bake 7 to 10 minutes or until salmon just begins to flake.

Heat broiler. Broil 1 minute or until salmon is golden brown.

Meanwhile, cook raspberries, honey and 2 tablespoons water in medium saucepan over medium-high heat until of sauce consistency.

Drizzle over salmon; pass remaining sauce.