

Salmon Tower



4—3 ounce salmon medallions
 2—¾ inch polenta cake medallions
 2—3 inch circle portobello Confit
 6 ounces salmon
 ¼ cup polenta
 ½ cup chicken broth
 2 large portobello mushrooms
 ¼ cup olive oil
 3 cloves garlic
 1 small sprig fresh rosemary
 ¼ cup port wine
 1 cup heavy cream
 1 teaspoon chopped shallots

How to Prepare:

For the Polenta:

Take ¼ cup coarse polenta and add to 1 ½ cups of boiling chicken broth, whisking constantly until mixture thickens (3 to 5 minutes). Change to wooden spoon and continue to simmer, stirring occasionally until spoon stands in polenta (15 to 25 minutes). *(Do not add cheese to this because it can change the taste of the salmon)*

For the Portabello Confit:

Take 2 portobello mushrooms about 3 inches round. Cover with olive oil in a shallow pan and add 3 cloves of garlic and ½ a sprig of rosemary. Cover and cook in oven at 350° for 45 minutes. Let cool in oil. Remove & drain of oil.

For the Port Wine Cream Sauce:

Take ¼ cup wine shallots and reduce by ½. Add 1 cup heavy cream and reduce by ½. Add salt and pepper.

Take salmon, polenta, and Portobello, cut with cookie cutter in 3 circles. Sauté salmon, polenta, and portobello. Season with a little salt and pepper to taste when salmon is done (5 minutes on medium heat). Place salmon, then polenta, then portobello and top with 2nd salmon medallion & secure with rosemary sprig. Heat for 2 minutes, then carefully place and adorn with port wine cream sauce.

Yield: 2 servings

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DOWNTOWN

NORFOLK RESTAURANT WEEK JANUARY 22-29, 2012