



Salmon Fillet with Sorrel Sauce

1 tblsp	olive oil
160g	10 pieces salmon steaks with skin
2	shallots, finely chopped
1	clove garlic, finely chopped
200ml	white wine (optional)
500ml	cooking cream
40g	sorrel, roughly chopped
15g	HACO Fish Stock powder
	salt & black pepper to taste

- Heat the olive oil in a non-stick frying pan. When hot, put in the salmon, skin side down. Cook without turning the fillet until it begins to change colour up to about three-quarters of its height. Remove to serving plates.
- Heat the olive oil in a non-stick frying pan. When hot, put in the shallots and cook until translucent. Add the wine and simmer until almost dry. Add the garlic, cream, sorrel and **HACO Fish Stock powder** and simmer for 1-2 minutes, or until sauce is thick. Season to taste with salt and pepper.