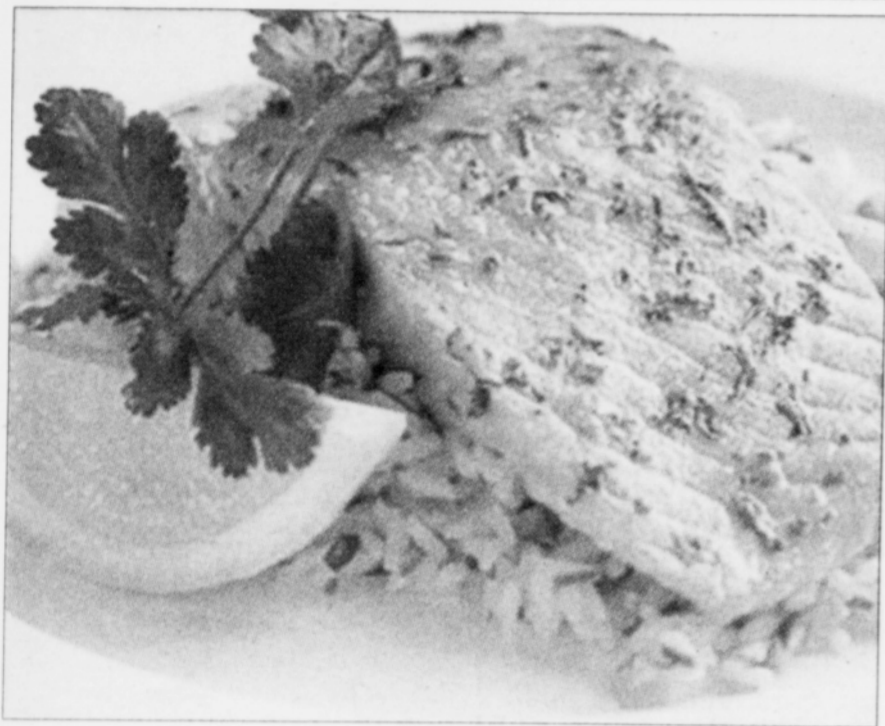


FOOD



Baked Salmon Fillets with Goat Cheese and Coriander

Ingredients

- 4 tbsp. olive oil
- 1/2 c. onion, chopped
- 1 tbsp. garlic, finely chopped
- 1/2 c. dry red wine
- 4 tbsp. capers
- 1 tbsp. fresh rosemary, chopped (or 1 tsp. dried)
- 1 tsp. fresh oregano, chopped (or 1/2 tsp. dried)
- 1/8 tsp. hot red pepper flakes
- 1/2 c. canned tomatoes, crushed
- Salt to taste
- Pepper to taste, freshly ground
- 12 pitted black olives
- 4 (6 oz. ea.) boneless salmon fillets
- 1/3 lb. goat cheese, crumbled
- 2 tbsp. anise-flavored liquor (like Ricard)
- 4 tbsp. fresh coriander, chopped

Directions

1. Heat 2 tablespoons of the olive oil in a saucepan. Add onion and garlic.
2. Cook briefly while stirring. Add wine, capers, rosemary, oregano, pepper flakes, tomatoes, salt, pepper and olives.
3. Bring to a boil and simmer 5 minutes.
4. Pour 1 tablespoon of the oil in a baking dish large enough to hold the fish in one layer. Arrange fish skin side down. Sprinkle with salt and pepper. Pour the tomato sauce around the fish fillets. Brush the top of the fillets with the remaining 1 tablespoon oil and the cheese.
5. Bake in a preheated 475 degree oven for 5 minutes.
6. Sprinkle with the Ricard. Switch to the broiler and broil for 5 minutes. Do not overcook.
7. Sprinkle with the coriander and serve immediately. Serves 4.

Ground Beef Stroganoff

Ingredients

- 1 pound ground beef, lean
- 1 small onion, chopped
- 1/2 teaspoon garlic salt
- 1/4 teaspoon pepper
- 10 3/4 ounces cream of mushroom soup, condensed
- 4 ounces mushroom stems and pieces, drained
- 3/4 cup sour cream, or yogurt



Directions

1. In medium skillet, brown ground beef and onion; drain excess fat.
 2. Stir in garlic salt, pepper, soup and mushrooms. Simmer covered, 15 to 20 minutes.
 3. Stir in sour cream; heat through, but do not boil.
 4. Serve over rice, noodles or chow mein noodles.
- Serving Size: 4

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