Tarragon Sauce for Salmon

Adapted from a Gourmet Magazine recipe, July 1998

Internet address:



2 bunches fresh tarragon (to measure 3/4 cup of loose leaves)

1 bunch chives, loosely chopped

2 large shallot, chopped and blanched

1/4 cup Italian parsley, loosely chopped

1 cup mayonnaise, may use some low fat if preferred, or substitute some yogurt

2 tablespoons seasoned rice vinegar

2 tablespoons apple cider vinegar

2 teaspoons Dijon mustard

Salt and pepper to taste

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 8

1. Pick off the tarragon leaves to measure about 3/4 cup without packing them down. Wash and drain briefly. Add to the bowl of a food processor along with the chives, parsley and shallot. Pulse until those ingredients are finely minced. Scrape down the sides of the bowl if necessary.
2. Add all the remaining ingredients (except salt and pepper) and pulse until smooth. Taste it and season with salt and pepper. Chill the mixture for a few hours, if possible.
3. Allow sauce to warm up (at room temp) for about 20 minutes before serving. You may spoon it onto a plate and place the fish on top, or the other way around. Garnish the fish with a sprig of Italian parsley.

Per Serving (excluding unknown items): 202 Calories; 23g Fat (97.0% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 173mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.