

SALMON IN TOMATO, BASIL SAUCE

(Also the recipe for Chicken and Turkey Breast in the next page)

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Dinner for two.

Preparation Time; 15 Minutes

Cooking Time; 25 Minutes

Step # 1 – MAKING THE BASIC TOMATO BASIL SAUCE. (This Sauce is very Succulent)

In a small 2 quart cooking Pot.

- 1 Can of Hunts Tomato Sauce **398 ml**
- 1 ½ Cup of Mott's Garden Cocktail or Tomato juice or V8.
- 1 Tea Spoon of Garlic Powder.
- ½ Tea Spoon of Basil.
- 1 Pinch of Sage.
- ¼ Tea Spoon of **Onion Salt. (Not Onion Powder)**
- ¼ Tea Spoon of Lemon Pepper.
- ¼ Tea Spoon of my dry Lemon Zest (see my Recipe on how to make lemon Zest) or the juice of one Lemon.
- 2 Tea Spoon of Brown Sugar. (Brown Sugar is used in Tomato Sauce to reduce the amount of Acidity)
- ¼ Tea Spoon of My Seasoning Salt, or just the plain regular Chicken Seasoning I use to make it.
- 1 Tea Spoon of Cilantro.
- ½ Tea Spoon of Chicken Base Powder, (Low in salt)
- 2 Table Spoon of White Vinegar.
- 1 Table Spoon of Parmesan Cheese.



This recipe makes about 3 ½ Cups of this Basic Tomato Basil Sauce.

Put everything in the above list in a small 2 quart cooking pot. Mix well and bring to boiling point and then bring the heat down to med-low and simmer for about 10 minutes before using it with the salmon in the step below.

Always pour this Sauce VERY HOT over any Meat to Cook them in the Pan.

Step # 2 - Cooking the Salmon.

Put the following ingredients in a large cooking pan.

- 3 Table Spoon of Olive or Peanut Oil.
- 1 Yellow Onion. (medium size) Cut in small pieces.
- 1 Salmon Filet.
- 1 Table Spoon of Parmesan Cheese.



Put the 3 Table spoons of Oil in the pan with the onions and lightly brown the onions, then lower the heat and pour in the tomato sauce preparation you did in step # 1. Mix well and cover the pan. While you wait for the sauce to start to boil, cut the salmon filet in two portions to fit in the pan and when the sauce starts to boil again put the salmon upside down in the pan with the skin facing upward. Close the cover and lower the heat at medium to low, and let simmer for about 10 minutes then gently turn the salmon over with a large spatula.

Then sprinkle only over the Salmon some of the sauce and the raped Parmesan Cheese. Put a cover on the pan or a used Pizza plate. (See photos on next page)

Reduce the heat to medium to low, just enough to keep a gentle boil with either a pan cover on or an aluminum Pizza plate over the Pan.

Let simmer for another 10 to 15 minutes depending on the thickness of the Salmon. Lift the salmon at times or shake the pan to make sure the Salmon does not stick to the bottom and this will let some tomato sauce underneath. After the 15 minutes the salmon is ready to be served. You can serve this dish with Mash potatoes and veggies of your choice. After removing the salmon from the pan strain the remaining sauce to remove the onions and when making the plates spread some of the sauce on the Salmon and on the Mash Potatoes and also sprinkle a little bit of Parmesan Cheese only over the Salmon just before serving.



Use an Aluminum plate over a large pan or even better use a large pan with a glass cover on.

CHICKEN OR TURKEY BREAST WITH THE SAME TOMATO BASIL SAUCE AS ABOVE.
 (Use only boneless and skinless Chicken and Turkey Breast for this recipe)

You can use the same method as the Salmon for Cooking Chicken or Turkey Breasts in the pan, **but the Chicken and the Turkey Breast must first be cooked using my Oven cooking method before cooking them in the pan with the tomato sauce.** The Idea to cook them in the pan with the tomato sauce is to make the Breast tastier and very juicy by absorbing the sauce. **You will never have tasted so tender and juicy Chicken and Turkey breast using this method of cooking them. YOU WILL LOVE IT.**

Step # 1 – MAKING THE BASIC TOMATO BASIL SAUCE. (see Step #1 on the first page)

Step # 2 - Cooking the Chicken or Turkey Breast.

- 1 Yellow Onion. (Medium size) Cut in small pieces.
- 3 Table Spoon of Olive or Peanut Oil.
- 2 Table Spoon of Parmesan Cheese (Raped)

You can use as much Chicken or Turkey Breast cut in half that you can fit in the pan with the onions and the sauce. But they should be set side by side, and not over one another.

First make the same Tomato Basil Sauce as on the first page and make sure it is hot before pouring it into the pan with the meat. Put the 3 Table Spoons of Oil and brown the onions then lower the heat and put the chicken or turkey in the pan. Pour the HOT sauce all over everything, Sprinkle the Parmesan Cheese all over the Breast. Put the Cover on the Pan or use a pizza plate on the pan and let **simmer at low heat** for about **20 to 30 minutes**. You can lift the breast and turn them at times to get some of that sauce under them to prevent burning. When cooked remove the breast from the pan and strain the sauce to remove the onions. Serve with Mash potatoes and vegetables of your choice.

When serving, pour some sauce over the Breast in the plate and over the mash potatoes and sprinkle some Parmesan Cheese over the Breast. This Recipe is also very good with Pasta like bows or elbows. Pre cook the bows and then strain (do not rinse) and then pour all the rest of the sauce in with the bows.

BON APPÉTIT