

# Starters and bread...

A beautiful holiday meal always begins gently – with flavors that welcome your guests, warm the appetite, and set the tone for everything that follows. In France, starters are more than the "first course." They are the bridge between the apéritif and the main meal, a moment where the table settles, conversations soften, and everyone takes that first appreciative pause.

This chapter brings together some of my favorite French-inspired starters for the holidays: delicate oysters topped with almonds, creamy garlic clams that feel luxurious without being fussy, comforting soups like leek and potato or my sunny golden soup, and fresh, generous salads. And because no French table is complete without bread, you'll also find festive homemade options like my Christmas focaccia – fun to shape and always a conversation piece.

These dishes are simple, soulful, and perfect for welcoming your guests with warmth. Whether you want something light and elegant or cozy and comforting, you'll find a starter here that makes the whole meal feel special from the very first spoonful.

Let's begin.



### 3.1. Creamy Garlic Shrimps

A fast and flavorful French-style seafood dish!

This is one of those recipes that feels luxurious... but takes only minutes to make. The buttery garlic sauce blends beautifully with cream and fresh parsley, creating a velvety dish that begs for crusty bread. Perfect for a holiday starter, a light seafood course, or a cozy apéritif.



- Makes: Serves 4
- Prep Time: 5 min, Cook Time: 10 min, Total Time: 15 min.
- Difficulty: Super Easy
- Estimated Cost: ~\$12-24 (depending on fresh or frozen)
- Vegetarian: No

Approx. 260 kcal · 18 g protein · 20 g fat · 0 g fiber · 1 g sugar

- 1lb shrimp, shells removed
- 80 g butter
- 8 garlic cloves, minced
- ½ tablespoon cornstarch
- 1 cup liquid cream
- ½ cup fresh parsley, finely chopped
- Salt & black pepper to taste

#### Instructions

- 1. Melt the butter in a large pan over medium-high heat.
- 2. Add the minced garlic and cook for 1-2 minutes (do not brown).
- 3. Add the shrimp, mix well, cover, and cook until the shrimp turn pink.
- 4. Sprinkle in the cornstarch and stir for 1-2 minutes.
- 5. Pour in the cream and add the parsley.
- 6. Season with salt and pepper to taste.
- 7. Serve immediately!



- Pairs very well with a dry white wine.
- Serve it with crusty baguette, and use it to get all the delicious sauce

## 3.2. The Creamiest Leek & Potato Soup — Classic French Style

There's something magical about a simple leek and potato soup. It's one of those humble dishes that transforms a few basic ingredients into pure comfort. In France, we often make it on chilly days – the kitchen fills with a soft, buttery aroma, and the first spoonful feels like a warm hug in a bowl.

I love how the gentle sweetness of the leeks blends with the creaminess of the potatoes, creating a smooth, cozy soup that's quick to prepare, inexpensive, and perfect when you want something homemade without any fuss.



- Makes: 6 Servings
- Prep Time: 10 min, Cook Time: 40 min, Total Time: 50 min.
- Difficulty: Easy
- Estimated Cost: ~\$6
- Vegetarian: Yes

Approx. 170 kcal  $\cdot$  4 g protein  $\cdot$  7 g fat  $\cdot$  3 g fiber  $\cdot$  3 g sugar

- 2 leeks
- 400 g peeled potatoes
- 30 g butter
- 2 tbsp parsley, chopped
- Salt & pepper to taste

#### Instructions

#### 1. Prep the vegetables

- Clean and cut the leeks into small sticks.
- Peel and cut the potatoes into small pieces.
- Place the potatoes in a bowl and cover with water.

#### 2. Cook the leeks

- In a large pot, melt the butter over low heat.
- Add the leeks and cook gently for 5 minutes without browning.

#### 3. Simmer

- Add 4 cups of water and a generous pinch of coarse salt.
- Bring to a boil, then simmer for 10 minutes.

#### 4. Add the potatoes

- Pour in the potatoes with their soaking water.
- Add 1 tablespoon of parsley.
- Bring back to a boil, cover partially, and cook for 30 minutes.
- Add more water during cooking if needed.

#### 5. Blend

- Adjust salt and pepper to taste.
- Blend the soup until smooth and creamy.

#### 6. Serve

• Ladle into bowls and sprinkle a little fresh parsley on top.



- This soup is a staple in French kitchens simple, nourishing, and perfect for cold evenings. The leeks bring a soft sweetness that pairs beautifully with the potatoes' creaminess. Minimal effort, maximum comfort.
- Serve it with toasted bread!

## 3.3. Holiday Focaccia (Festive & Easy!)

There is something so magical about making focaccia during the holidays – the warmth of the kitchen, the cozy smell of rising dough, and that little peaceful moment while you wait for the bubbles to form.

This festive focaccia is unbelievably simple: only 10–15 minutes of hands-on work, and you get a fluffy, golden bread decorated like a holiday wreath. For the red "holly" berries, I love using red pepper flakes, but pomegranate seeds are perfect if you want something mild and festive.

Serve it as a starter, alongside a soup, or simply warm with a drizzle of olive oil. It's cozy, simple, and stunning on the holiday table.

Let's bake a little magic into your kitchen.



- Makes: 8-10 servings
- Prep Time: 15 min, Cook Time: 20 min, Total Time: 3h 20 min including resting.
- Difficulty: Easy, Estimated Cost: ~\$1
- Vegetarian: Yes

Approx. 220 kcal  $\cdot$  6 g protein  $\cdot$  6 g fat  $\cdot$  2 g fiber  $\cdot$  1 g sugar

#### Dough

- 500 g flour
- 400 ml warm water
- 1tbsp dry yeast
  - I use Lallemand: <u>https://tr.ee/uyCapG</u>)
- 1.5 tbsp salt
- 1 tbsp olive oil + extra for the baking dish and your hands
- 1tbsp honey

#### For Decorating (optional)

- Fresh herbs (rosemary, parsley, thyme)
- Red pepper flakes or pomegranate seeds



#### Instructions

- 1. In a large bowl, mix the warm water, salt, yeast, olive oil, and honey.
- 2. Add the flour and mix until the dough is homogenous and sticky.
- 3. Cover and let it rest for 15 minutes.
- 4. With oiled hands, stretch and fold the dough 4 times (one in each direction). Cover and rest for 15 minutes.
- 5. Repeat the stretch-and-fold once more, then cover and let rise for 90 minutes.
- 6. When the dough has tripled in size, line a large baking dish with parchment paper and drizzle with olive oil.
- 7. Transfer the dough, gently stretch it toward the edges, cover, and let rise another 90 minutes.
- 8.Once puffed, decorate with fresh herbs for a festive look, adding red pepper flakes or pomegranate seeds.
- 9. Bake at 435°F (225°C) for 20 minutes, until golden and bubbly.



- For a classic flavor, use rosemary and olive oil.
- For a kid-friendly or spice-free version, use pomegranate seeds instead of chili flakes.

## 3.4. Almond Oysters (Roasted)

A luxurious yet incredibly simple French starter.

These oysters are topped with a rich mixture of melted butter, ground almonds, and fresh herbs, then broiled just long enough to become golden and fragrant. The result is delicate, nutty, and festive – a perfect beginning to a holiday meal or a special seafood course.



- Makes: 12 oysters (3 per serving)
- Prep Time: 10 min, Cook Time: 3 min, Total Time: 13 min
- Difficulty: Easy but be careful when opening the oysters
- Estimated Cost: ~ it varies a lot based on regions
- Vegetarian: No

Approx. 120 kcal · 9 g protein · 8 g fat · 1 g fiber · 0 g sugar

- 12 oysters
- 95 g salted butter
- 30 g almond flour (or ground hazelnuts, if preferred)
- 2-3 tbsp parsley, chopped
- Fresh chives, finely chopped
- Black pepper

#### Instructions

- 1. Prepare the oysters
  - Open the oysters carefully.
  - Discard the liquid and keep the oysters in their bottom shells.
- 2. Make the topping
  - Chop the parsley and chives.
  - Melt the butter and mix it with the almond flour and herbs.
  - Season with black pepper.
- 3. Assemble
  - Place 1 spoonful of the almond-herb mixture over each oyster.
- 4. Broil
  - Broil for 3 minutes, just until the topping is lightly golden.
- 5. Serve
  - Serve immediately while hot and fragrant.



- If using hazelnuts instead of almonds, the flavor becomes deeper and slightly sweeter.
- Serve with a crisp white wine or champagne for a holiday treat.
- A sprinkle of fresh herbs before serving adds a bright finish.

## 3.5. Terrine De Saumon (French Salmon Terrine)

Light, smooth, and beautifully fragrant, this classic French salmon terrine is perfect as a holiday starter. The blend of fresh salmon, cream, lemon, dill, and red berries creates a delicate and festive dish that slices beautifully. Serve it chilled with toasted bread or a simple salad - it always feels special.



- Makes: 8 servings
- Prep Time: 10 min, Cook Time: 1h, Total Time: 1h 15 min + cooling
- Difficulty: Easy
- Estimated Cost: ~ \$17-18
- Vegetarian: No

Approx. 210 kcal  $\cdot$  16 g protein  $\cdot$  15 g fat  $\cdot$  0 g fiber  $\cdot$  1 g sugar

- 500 g raw salmon, cut into cubes
- 20 cl heavy cream
- 3 eggs
- Salt
- Red baies (pink peppercorns)
- Black pepper
- Dill (amount to taste)
- Juice of ½ lemon
- Zest of 1 full lemon



#### Instructions

- 1. Blend the mixture
  - Place the cubed salmon, heavy cream, eggs, salt, red baies, pepper, dill, lemon juice, and lemon zest into a food processor.
  - Blend until perfectly smooth.
- 2. Prepare the mold
- Line a loaf dish with oiled parchment paper.
- 3. Pour & bake
  - Pour the salmon mixture into the dish.
- Bake in a bain-marie at 355°F (180°C) for 1 hour.
- 4. Cool & unmold
  - Let the terrine cool completely, then remove from the mold.
- 5. Decorate
  - Top with extra red baies and fresh dill before serving for a festive finish.



- Serve chilled with toasted sandwich bread
- Add a simple lemon-dill sauce or herbed yogurt
- Perfect for holiday buffets, brunch, or elegant starters

## 3.6. Salade Fermière (French Farmhouse Salad)

A rustic, comforting French salad that brings together warm garlic croutons, soft-boiled eggs, crispy bacon, and peppery arugula – all tied together with a classic mustard vinaigrette.

It's hearty, simple, and full of texture... the kind of salad you'd enjoy in a countryside auberge, but easy enough for any holiday meal.



- Makes: 4 servings
- Prep Time: 10 min, Cook Time: 10 min, Total Time: 20 min
- Difficulty: Easy
- Estimated Cost: ~ \$6-8
- Vegetarian: No

Approx. 260 kcal  $\cdot$  11 g protein  $\cdot$  20 g fat  $\cdot$  2 g fiber  $\cdot$  2 g sugar

#### For the Salad

- 2-3 slices of old rustic bread or ¼ baguette, cut into ¾" cubes
- 4 garlic cloves, pressed
- 4 soft-boiled eggs (6-minute eggs)
- 1 shallot, finely diced
- 4 slices of bacon
- Arugula salad or dandelion leafs
- Olive oil
- Salt & pepper

#### For the Vinaigrette

- 1 tbsp whole-grain mustard (moutarde à l'ancienne)
- 1tsp Dijon mustard
- 1 tbsp apple cider vinegar
- 3 tbsp olive oil
- 1 tbsp sunflower oil
- Salt & pepper



#### Instructions

- 1. Prepare the vinaigrette
  - Place the two mustards, salt, pepper, and apple cider vinegar in a bowl.
  - Mix well.
  - Add the oils one spoon at a time, whisking to lightly thicken the dressing.
  - Set aside.
- 2. Make the garlic croutons
  - In a pan, heat a little olive oil.
  - Quickly sauté the pressed garlic with a pinch of salt and pepper.
  - Add the bread cubes and roast for a couple of minutes until lightly golden.
  - Remove and set aside.
- 3. Prepare the eggs
  - Boil the eggs for 6 minutes for a soft center.
  - Chill immediately in cold water.
  - Peel and set aside.

#### Instructions

#### 4. Cook the bacon & shallots

- Sauté the bacon and diced shallot together until the bacon is crisp and the shallots are soft.
- Set aside.

#### 5. Assemble the salad

- In a large bowl, mix the arugula, garlic croutons, and bacon-shallot mixture.
- Cut the soft-boiled eggs in half lengthwise and place them on top in a flower pattern.
- Drizzle generously with the vinaigrette.
- Serve immediately.



- Replace bacon with mushrooms for a vegetarian version.
- Use mixed greens if arugula is too peppery for your guests.
- Use Dandelions if you're adventurous!

## 3.7. Sunny Soup (Bright & Comforting Vegetable Soup)

This vibrant soup is packed with Mediterranean vegetables and a sunny depth of flavor. With zucchini, eggplant, tomatoes, herbs, and a touch of chili flakes, it's warm, nourishing, and beautifully simple.

It's the kind of soup that brings color to the table on cold days – silky, fragrant, and full of goodness.



- Makes: 8 servings
- Prep Time: 10 min, Cook Time: 35 min, Total Time: 45 min
- Difficulty: Easy
- Estimated Cost: ~ \$6-8
- Vegetarian and Vegan: Yes, GF: Yes

Approx. 160 kcal · 4 g protein · 6 g fat · 4 g fiber · 6 g sugar

- 2 tbsp olive oil
- 1 onion, cut in half
- 1 yellow squash, unpeeled, cut in rough pieces
- 1 medium zucchini, unpeeled, cut in slices or rough pieces
- 1 small eggplant, unpeeled, cut roughly
- 3 tomatoes, diced
- ½ cup parsley
- 6 sprigs thyme
- 6-8 cups vegetable broth
- 2 tbsp tomato paste
- ½ tsp chili flakes (added at the end)
- Salt & pepper
- Optional: ½ tbsp taco spice mix for a fun twist

#### Instructions

- 1. Combine ingredients
  - Place all the ingredients except the chili flakes, salt, and pepper into a large pot.
  - Bring to a boil.
- 2. Cook
  - Cover and cook for 35 minutes.
- 3. Blend
  - Remove the sprigs of thyme.
  - Transfer the cooked vegetables and some of their cooking liquid into a food processor or blender.
  - Blend until smooth, adding extra broth to reach your preferred consistency.
- 4. Season
  - Stir in the chili flakes, salt, and pepper.
- Taste and adjust.
- 5. Optional twist
  - Add ½ tablespoon taco spice mix for a warm, lightly smoky flavor.
  - Serve hot and enjoy the sunshine in a bowl!



- Garnish with a swirl of olive oil or fresh parsley.
- Serve with crusty bread or focaccia.
- Make it richer by adding a splash of cream or coconut milk.

**CHAPTER IV** Main Dishes Bide Dishes

## Main Dishes And Side Dishes

The main course is where a holiday meal truly comes alive. It's the moment when the aromas drift out of the kitchen, conversations pause, and everyone leans forward a little, eager to discover what's coming to the table. In France, we love dishes that feel generous and comforting without being complicated – meals that bring people together and fill the room with warmth.

This chapter gathers some of my favorite French-inspired mains and sides for the holidays: cozy, slow-cooked dishes, vibrant vegetable sides, elegant seafood plates, and simple family-style classics that always please a crowd. Whether you're hosting a big festive dinner or an intimate gathering, these recipes are designed to be reliable, beautiful, and full of flavor.

You'll find dishes that bring color, comfort, and that little French touch that makes holiday meals feel extra special. Some are rich and indulgent, others are light and bright – all of them are meant to be shared around a happy table.

Let's continue the feast.



## 4.1. Mushroom Duck (Rich, Elegant & Crowd-Pleasing)

This is an unusual and spectacular way to prepare duck – deeply flavorful, festive, and guaranteed to impress. The secret is simple: don't overcook the duck.

The mushrooms, prosciutto, wine, herbs, and cream create a luxurious sauce that feels perfect for the holidays or any special dinner.



- Makes: 6 servings
- Prep Time: 15 min, Cook Time: 1h, Total Time: 1h 15 min
- Difficulty: Medium
- Estimated Cost: ~ \$45-50
- Vegetarian: No

Approx. 520 kcal · 34 g protein · 32 g fat · 1 g fiber · 3 g sugar

- 1 whole duck
- 4 sprigs tarragon
- 2 sprigs thyme
- 3 shallots
- 4 slices prosciutto, chopped
- 300 g mushrooms (Shiitake used here)
- 1 bottle red wine
- 1 glass cognac
- 4 tbsp sunflower oil
- 1/4 cup heavy cream
- Juice of 1/4 lemon
- 1 egg yolk
- 1tbsp sugar
- Salt & pepper



#### Instructions

#### 1. Prepare the duck

- Brush the duck with oil.
- Stuff the cavity with thyme and tarragon.
- Heat 2 tbsp sunflower oil in a large deep pan over high heat.
- Brown the duck on all sides until golden.
- Flambé the duck with the glass of cognac.
- Season generously with salt and pepper.
- Cover and cook on low heat for 45 minutes, flipping halfway through.
- Remove the duck and set aside.

#### 2. Make the mushroom base

- Add the remaining oil to the pan.
- Sauté the mushrooms, shallots, and chopped prosciutto with the sugar.
- Cook covered on low heat for 10 minutes.

#### Instructions

#### 3. Build the sauce

- Add the bottle of wine, bring to a boil, and reduce by half.
- In a bowl, mix:
  - Lemon juice
  - A pinch of salt
  - o The egg yolk
  - Heavy cream
- Mix well, then pour into the mushroom mixture.
- Stir gently to create a smooth, rich sauce.

#### 4. Finish the dish

- Return the duck to the pan.
- Warm gently for 2-3 minutes (do not overcook).
- Serve immediately with plenty of sauce.



- Duck can dry out easily keep the heat low and avoid overcooking.
- Serve with potato gratin, duchesse potatoes, or mashed potatoes.
- Shiitake mushrooms bring a deeper flavor, but button mushrooms also work.
- If the sauce reduces too much, add a splash of broth.

## 4.2. Apple Chicken (Cozy, Affordable & Holiday-Ready)

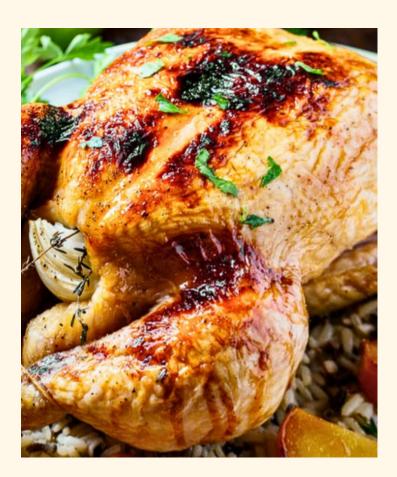
This Apple Chicken is one of those dishes I make when I want something warm, comforting, and elegant without spending a fortune. It's budget-friendly, lighter than many holiday mains, and filled with deep, savory flavors.

The apples are the true surprise here. As they bake with garlic, shallots, onion, broth, and white wine, they turn completely savory – no sweetness left – just a rich, soft flavor that melts into the chicken beautifully.

A last-minute splash of white wine makes the dish feel festive and lifted.

Perfect for a simple Christmas dinner, a smaller gathering, or a cozy winter night with friends.

If the apples are your main side dish, use 6–8 apples. If serving potatoes, 3 apples are enough.



- Makes: 4-5 servings
- Prep Time: 15 min, Cook Time: 1h, Total Time: 1h 15 min
- Difficulty: Easy
- Estimated Cost: ~ \$13-15
- Vegetarian: No

Approx. 410 kcal  $\cdot$  32 g protein  $\cdot$  23 g fat  $\cdot$  3 g fiber  $\cdot$  9 g sugar

- 1 whole chicken
- 30 g butter
- 5 garlic cloves, minced
- 3-4 shallots, sliced
- 1 onion, sliced
- 3-8 apples (depending on your chosen side)
- Olive oil
- White wine
- Salt & pepper
- 1.5 cups chicken broth



#### Instructions

- 1. Preheat the oven to 425°F (220°C).
- 2. Peel the apples and cut each into 8 pieces.
- 3. Slice the shallots and onion.
- 4. Drizzle a little olive oil in the bottom of a large baking dish.
- 5. Place the whole chicken on top.

#### Stuff the chicken:

Inside the cavity, place:

- 8-10 apple pieces
- 1/4 of the onion
- 1/4 of the shallots
- 1/4 of the garlic
- Mix everything with your hand so it blends inside the chicken.

#### Instructions

#### Around the chicken:

- Place all remaining apples, onion, garlic, and shallots.
- Add small cubes of butter on top of the chicken.
- Season generously with salt and pepper.
- Pour 1.5 cups chicken broth and about 1/3 cup white wine around the chicken.
- Drizzle a little olive oil on top.
- 6. Bake for 1 hour at 425°F, until golden and fully cooked.
- 7. Serve as is, or add roasted potatoes on the side.



- If apples are your side, use 6-8 apples.
- The apples turn savory not sweet as they cook with garlic, white wine, and broth.
- You may add herbs like thyme or rosemary for aroma.

### 4.3. Hens With Bacon & Herb Butter

A luxurious yet simple holiday main dish, these Cornish hens are infused with smoky bacon, fresh herbs, and rich butter tucked under the skin. Roasted until golden and aromatic, they make a stunning centerpiece for a festive meal – elegant enough for guests, but surprisingly easy to prepare.



- Makes: 4 servings (2 hens)
- Prep Time: 15 min, Cook Time: 45-50 min, Rest Time: 15 min , Total Time: 1h 15 min
- Difficulty: Easy, Estimated Cost: ~ \$20-25
- Vegetarian: No

Approx. 480 kcal · 38 g protein · 33 g fat · 0 g fiber · 1 g sugar

- ½ cup unsalted butter, softened
- 2 strips thick-sliced smoked bacon, roughly chopped
- 1 tbsp chopped fresh sage
- ½ tbsp chopped fresh oregano
- 1 tsp fresh thyme leaves
- Salt
- Black pepper
- 2 Cornish game hens, cleaned and dried
- 1 small yellow onion, quartered
- Extra virgin olive oil

#### Instructions

#### 1. Prepare the herb-bacon butter

- Preheat oven to 425°F (220°C).
- In a food processor, pulse together the softened butter, chopped bacon, sage, oregano, and thyme until well combined.
- Season the mixture with ½ tsp kosher salt and ½ tsp black pepper.

#### 2. Prepare the hens

- Take each hen and gently slide your fingers between the skin and the breast meat to loosen it be careful not to tear the skin.
- Rub 2-3 tablespoons of the butter mixture underneath the skin.
- Season the cavity heavily with salt and pepper.
- Fill each cavity with the remaining butter mixture and the quartered onion.
- Rub the exterior of the hens with olive oil and season generously with kosher salt and black pepper.
- Truss the hens with kitchen twine.

#### 3. Roast

- Place the hens on a large rimmed baking sheet or shallow roasting pan.
- Roast for 45–50 minutes, rotating the pan halfway through.
- Cook until a thermometer inserted into the thickest part of the thigh reaches 170°F.

#### Instructions

#### 4. Rest & serve

- Remove the hens from the oven and transfer to a cutting board.
- Loosely tent with foil and let rest 10-15 minutes before serving.



- Use shallots instead of onion for a sweeter aroma.
- Add a splash of white wine or broth to the pan for a simple jus.
- Serve with mashed potatoes, roasted vegetables, or a bright salad.

### 4.4. Rib-Eye Steaks With Béarnaise Butter

This recipe takes the flavors of classic Béarnaise sauce and transforms them into a rich, aromatic compound butter. Melted over hot rib-eye steaks, it gives the meat a luxurious, restaurant-style finish without any complicated technique. A little white wine, shallots, and tarragon give the butter that unmistakable Béarnaise character. Perfect for a festive dinner, a special night, or whenever you want something decadent but simple.



- Makes: 2 servings
- Prep Time: 10 min + chilling, Cook Time: 10 min, Total Time: 20 min
- Difficulty: Easy,
- Estimated Cost: ~ \$25-30
- Vegetarian: No

Approx. 480 kcal · 38 g protein · 33 g fat · 0 g fiber · 1 g sugar

#### • For the Béarnaise Butter

- ¼ cup white wine
- 1 tbsp minced shallot
- ¼ tsp dried tarragon
- 5 tbsp butter
- 1 tbsp fresh tarragon, chopped
- Salt & black pepper

#### For the Steaks

- 2 rib-eye steaks (12 oz each,
  1-1¼" thick)
- o Olive oil
- Salt & pepper

#### Instructions

#### 1. Make the Béarnaise Butter

- In a small saucepan, boil the white wine, dried tarragon, and minced shallot until it reduces to a glaze about 2–4 minutes.
- Let the reduction cool completely.
- Whisk in the softened butter and fresh tarragon.
- Season with salt and pepper to taste.
- Shape the mixture into a log, wrap in wax paper, and chill until firm.
- You can prepare this up to 3 days ahead.
- Once firm, cut the butter into 1/3" slices and bring to room temperature before using.

#### 2. Cook the Rib-Eye Steaks

- Brush a large nonstick skillet with olive oil.
- Season the steaks generously with salt and pepper.
- Add the steaks to the hot skillet.
- Cook to your preference:
  - Rare: about 3-4 minutes per side
  - Medium-rare: about 5 minutes per side
- Transfer the steaks to plates.

#### 3. Finish & Serve

- Place slices of the Béarnaise butter on top of each hot steak, letting them melt and perfume the meat.
- Serve immediately.

- Let steaks rest 2-3 minutes before serving for maximum juiciness.
- Grill instead of pan-sear for extra flavor.
- Extra Béarnaise butter is fantastic on potatoes, chicken, or roasted vegetables

## 4.5. Sautéed Creamy Salmon (With Tomatoes, Parmesan & Kale)

This creamy salmon dish is luxurious yet wonderfully simple – tender seared salmon cubes coated in a rich sauce made with tomatoes, garlic, kale, cream, and parmesan.

It's comforting, full of flavor, and comes together quickly, making it perfect for a weeknight dinner or a holiday table.



- Makes: 4 servings
- Prep Time: 10 min , Cook Time: 15 min, Total Time: 25 min
- Difficulty: Easy,
- Estimated Cost: ~ \$20-28
- Vegetarian: No

Approx. 430 kcal · 28 g protein · 32 g fat · 3 g fiber · 4 g sugar

- 500 g salmon, cut into 1inch cubes
- 50 g grated parmesan
- 1 diced onion
- ½ tsp salt
- ½ tsp black pepper
- 4 garlic cloves, crushed
- 2 medium-large tomatoes, diced
- 40 cl heavy cream
- 1 bunch kale (stems removed, leaves roughly chopped)
- Olive oil
- Extra salt & pepper
- ½ tsp chili flakes



#### Instructions

#### 1. Prepare the kale

Remove the stalks and roughly chop the leaves.

#### 2. Sear the salmon

- Heat olive oil in a large deep pan over high heat.
- Sauté the salmon cubes for about 2 minutes per side, until lightly crunchy on the outside.
- Remove from the pan and set aside.

#### 3. Build the sauce

- In the same pan, sauté the garlic and onion for 2-3 minutes.
- Add the diced tomatoes and chopped kale.
- Cook until the kale softens.

#### 4. Make it creamy

- Add the heavy cream, chili flakes, salt, and pepper.
- Stir in the grated parmesan.
- Cook for 4 minutes.

#### Instructions

#### 5. Finish

- Add the salmon back into the pan.
- Cook for an additional 4 minutes, gently coating the salmon with the creamy sauce.
- Serve hot rich, silky, and delicious!



- Serve with rice, pasta, mashed potatoes, or crusty bread.
- Add spinach instead of kale for a milder flavor.
- For extra richness, finish with a squeeze of lemon.