

When I was devising a recipe that wrapped fresh Sockeye salmon & spinach in a Phyllo crust, this is the sauce I came up with to work as a binding agent and flavour boost. Since then, I've used it with chicken and salmon, and as a pasta sauce.

Cream Sauce with Shallots & Capers

Ingredients

3 whole shallots
1 T lemon juice
2 T butter
1 T flour (use Amaranth for gluten free)
1 ½ c cream (33 – 36%)
2 T capers
salt & pepper to taste

Directions

Finely chop the shallots.
In a skillet, gently melt the butter over moderate heat.
Add in the shallots, and cook for 3 – 4 minutes until pale pink. Do not let them brown.
Stir in the lemon juice.
Add in the flour, and stir until thickened.
Stir in the capers.
Add in the cream and heat until gently simmering and thickened.
Season to taste with salt & pepper.
Serve warm over fish or chicken, or on the side. Also works well as a pasta sauce with freshly sautéed vegetables & pasta of your choice.