



AVALON

## **Salmon with Pomegranate Red Wine Sauce & Mint Snap Peas**

**Josie S. – GRAND PRIZE WINNER - 2014**

**Serves 4**

### **Ingredients for Salmon with Pomegranate Red Wine Sauce**

2 lbs Salmon Filets  
1 cup Avalon Napa Valley Cabernet Sauvignon  
1/2 cup Pomegranate Juice  
1 Tbs Tomato Paste  
1 Tbs Garlic, minced  
1/4 cup Red Onion, minced  
1/2 cup Unsalted Butter, cut into 8 pieces  
1/2 tsp Salt, divided  
plenty of Black Pepper  
1 Lemon, sliced



### **Ingredients for Mint Snap Peas**

1 lb Snap Peas, strings removed  
2 Tbs Butter  
1 tsp Garlic, minced  
1/4 tsp Salt  
plenty of Black Pepper  
1/4 cup Mint Leaves, cut Julienne Style

### **Preparation/Instructions**

In a heavy saucepan no more than 6" in diameter, combine the wine, pomegranate juice, tomato paste, garlic and onion. Bring to a boil and simmer over medium heat 15-20 minutes, until thick. At the end of cooking time, mixture should be viscous, but not dry. Remove from heat.

Off the heat, whisk in butter one pieces at a time. Season with 1/4 tsp salt and plenty of black pepper. Keep at room temperature.

Prepare the grill for medium-high cooking or preheat oven to 375°F. On a grill pan, arrange sliced lemon close together in a single layer. Lay salmon over lemon slices. Season with remaining 1/4 tsp salt and black pepper. Grill covered, or bake in preheated oven 8-12 minutes to desired doneness.

While salmon is cooking, prepare snap peas. Melt butter in a skillet. Add garlic, sauté for 30 seconds. Add snap peas and sauté 2-3 minutes. Season with salt, pepper and mint. Serve with salmon.