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One of the best ways to make a house into a home is to invite some friends over for a meal. If you try this recipe, let me know how it turns out for you. And if you have a favorite recipe of your own, send it my way.

Sauvignon Blanc Soup with Smoked Salmon

This recipe comes from the “Quick & Easy” portion of the Arizona Republic Food Section. If you are not familiar with this section, it is filled with great information about local restaurants and vendors. There is also a very good wine column written by Mark Tarbell, the local restaurateur, which is informative and easy to read. And, of course, there are lots and lots of recipes, ranging from complex creations to simpler stuff like this soup. There’s lots to enjoy, so check it out!

2 cups fish, chicken, or vegetable stock
1 cup Sauvignon Blanc or other white wine
1 cup cream (light or heavy)
4 slices smoked salmon (about 1 oz each)
5 egg yolks
Salt, pepper, & nutmeg for seasoning

1. In a medium saucepan, combine broth, wine, and cream. Scramble the egg yolks, then whisk into the broth mixture until well combined.
2. Bring to a gentle simmer over medium-low heat while whisking steadily. Continue until soup is warmed through and has thickened slightly. Remove from heat and set aside.
3. Cut salmon strips into bite-size portions and divide into 4 bowls. Ladle soup over salmon, season to taste, and serve.

See? Quick & easy indeed. Note that the flavor of the wine comes through pretty strongly; for a reduced impact, use 1/2 or 2/3 cup of wine, and increase the amount of broth accordingly. For a more dramatic presentation, garnish with a dollop of sour cream in the middle of the bowl, or add a sprig of parsley or other fresh herbs. Oh, and you can save the unused egg whites and leftover salmon to whip up a nice low-fat omelet the next morning.



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