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Four Dinner Ideas for Sauté

**Balsamic Scallops with Fresh Basil and Mozzarella**

**Ingredients:**  
 2 large sea scallops                      2 Tbsp fresh basil chiffonade  
 1 Tbsp olive oil                              Salt and pepper  
 2 slices fresh mozzarella cheese      2 Tbsp balsamic vinegar

**Procedure:**  
 Plate slices of mozzarella  
 preheat pan  
 add olive oil, swirl to coat pan  
 heat oil until convection starts, just before smoking  
 Salt and pepper scallops  
 Sear scallops on both sides, cooking completely  
 Remove scallops, place atop mozzarella slices  
 Deglaze pan with balsamic vinegar  
 Reduce liquid by ½  
 Add basil  
 Pour sauce over scallops and mozzarella

**South of France Chicken**

**Ingredients:**  
 1 chicken breast, raw                      1 Tbsp whole grain mustard  
 1 Tbsp olive oil                              1 ounce goat cheese  
 1 shallot, minced                          Salt and pepper  
 1/2 cup white wine

**Procedure:**  
 Preheat pan  
 Season chicken with salt and pepper  
 Add olive oil to pan, heat until convection starts, just before smoke point  
 Sear chicken on both sides, cooking completely  
 Remove chicken to plate  
 Add shallot, sauté 1 minute until soft  
 Deglaze pan with white wine  
 Reduce liquid by ½  
 Add mustard and goat cheese, incorporate until smooth

**Beef Bourguignon**

**Ingredients:**  
 4 oz beef chuck, cubed                      ½ cup mushrooms, quartered  
 2 Tbsp flour, seasoned with salt          ½ cup dry red wine  
 and pepper                                      1 cup beef stock  
 2 Tbsp olive oil                                  ¼ cup diced onion  
 1 Tbsp tomato paste                          Salt and pepper to taste

**Procedure:**  
 Dredge beef cubes in flour/salt/pepper mixture  
 Preheat pan  
 Add oil to pan, heat until convection begins, just before smoking  
 Sauté beef cubes, turning to brown all sides  
 Deglaze pan with red wine  
 Reduce liquid by ¾  
 Add beef stock, mushrooms, onion, tomato paste  
 Cover pan and simmer 20 minutes until meat is fully cooked

**Bourbon Salmon with Shrimp Bouillon**

**Ingredients:**  
 1 salmon trane, about 3 ounces          1 Tbsp Olive Oil  
 Dried dill weed                                  1/2 cup bourbon  
 White pepper                                      1 cup shrimp bouillon  
 Salt

**Procedure:**  
 Preheat pan  
 Season salmon with dill, salt, pepper  
 Heat olive oil in pan, until convection begins, just before smoke point  
 Sear salmon on both sides  
 Remove salmon to plate, keeping warm  
 Deglaze pan with bourbon  
 Reduce liquid ¾  
 Return salmon to pan  
 Add shrimp bouillon  
 Poach salmon until white fat begins to run out  
 Plate salmon, top with sauce