

Fabulous Foods

Add Salmon To The Menu For A Romantic Repast

(NAPSA)—Take heart. Foods such as champagne, oysters and chocolate have long had a reputation for producing amorous results. Chef John David Crowe of Salmolux has added salmon to that list of foods that are good for the heart, in more ways than one.

Said Crowe, “Fresh, fabulous salmon is everything desirable in a romantic entrée—it’s visually appealing, flavorful, low in calories, low in fat, but high in protein and taste.”

Crowe notes that salmon also contains a special kind of fat called Omega-3 fatty acids, which, research indicates, has a protective effect on the heart.

Creating a memorable feast, whether for that special someone or for family and friends, can be made easy by keeping the menu simple.

Take advantage of time-saving foods such as smoked salmon appetizers from Salmolux, one of the country’s premier seafood suppliers. They believe Sure Lock Air Tight Seal™ packaging from DuPont™ ensures that their salmon products retain their savory flavor and freshness from the sea to your table.

Crowe suggests sticking to a simple signature dish, such as Pasta Alla Rusque, which will impress without keeping you tied up in the kitchen.

Pasta Alla Rusque

- 1½ gal. salted water
- olive oil
- 8 oz. fettucine, dry
- 2 tbs. butter
- 2 tbs. shallots, minced
- 1 tsp. garlic, minced
- 2 shots good quality Russian vodka
- 8 oz. heavy cream



Salmon contains Omega-3 fatty acids, which can have a positive effect on the heart—in more ways than one.

- sea salt, to taste
- white pepper, to taste
- 10 ea. small oysters
- 2 tsp. dill, fresh, chopped
- 4 oz. cold smoked salmon, sliced

Bring water to a boil. Cook pasta al dente, 5-7 minutes. Drain pasta (do not wash).

In large sauté pan, sauté shallots and garlic in butter.

Deglaze pan with vodka and add cream. Reduce slightly for 30 seconds. Season with salt and pepper.

Add oysters and dill. Cook for one minute. Toss in cooked pasta and swirl around. Add salmon. As soon as salmon is warm, take off heat.

More ideas about heart-healthy food and serving salmon are available at www.salmolux.com. More information on Sure Lock Air Tight Seal™ packaging can be found at www.dupont.com/packaging.