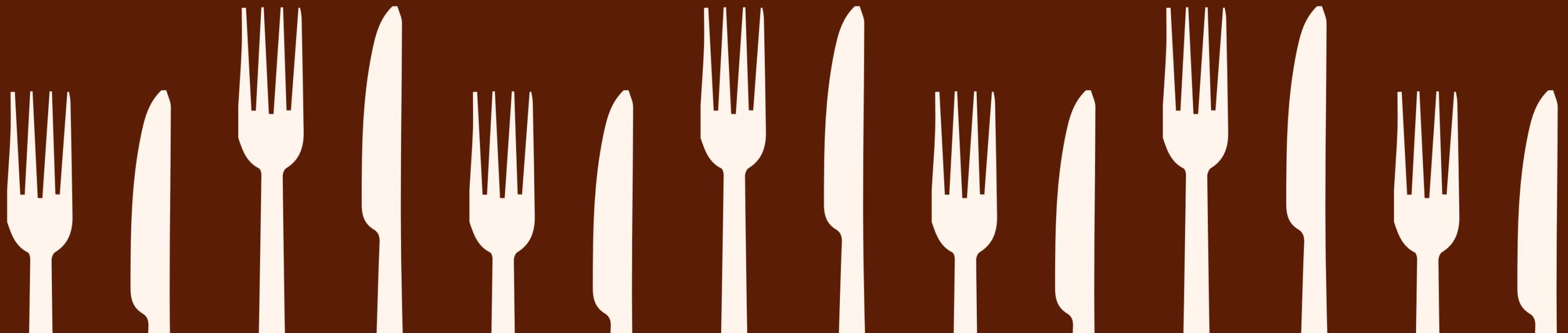


CHEF'S CORNER

SPRING EDITION

EXECUTIVE CHEF, DAMIAN ZEDOWER, CEC



Quick Cured/Roasted Salmon-Spring Pea Puree

Baby Arugula Salad & Lemon Vinaigrette

Ingredients:

Salmon

- 3 lbs Salmon Center Cut (skin on pin bones removed)
- 3 Lemons (cut into 1/4in. thick rounds) (2 lemons grated for zest prior to cutting)
- 2 tsp. Fresh Thyme Chopped
- 2 tsp. Coarse Kosher Salt
- 2 tsp. Granulated Sugar
- 1 1/2 tsp. Fresh Cracked Black Pepper
- 3 tbsp. Olive Oil

Spring Pea Puree

- 2 Cups Fresh Shucked Peas (frozen peas can be used)
- 1/2 Cup Vegetable Stock or Water
- 3 tbsp. Olive Oil
- 1 tbsp. Fresh Lemon Juice
- 1 tsp. Kosher Salt
- 1/2 tsp. White or Black Cracked Pepper
- 1 Small Garlic Clove (chopped)
- 1 Small Shallot (chopped)
- 1/3 Cup Fresh Parsley (chopped)
- 1/3 Cup Fresh Mint (chopped)

Baby Arugula Salad Garnish

- 1 Cup Baby Arugula
- 1/2 Cup Cherry Tomatoes (quartered)
- 1/2 tsp. Cumin Powder
- 1 tbsp. Olive Oil
- 2 tsp. Lemon Juice
- Salt & Pepper to taste



Salmon Prep...

- In a non-reactive baking pan, large enough for the salmon to lay flat, place salmon skin side down.
- Mix salt, pepper, sugar, thyme, and lemon zest in a small bowl.
- Take mixed spice blend, and rub evenly over the salmon.
- Wrap dish in plastic wrap and place in the refrigerator for **2 hours**.

Cooking...

- Remove salmon and wipe off as much dry cure as you can using a towel and let sit at room temperature for **30 minutes**.
- Preheat oven to **425** degrees.
- Rub 2 tbsp. of olive oil all over salmon and add to a coated clean baking pan, skin side down.
- Add lemon rounds in single layer on top of salmon.
- Bake for **15-20 minutes** until cooked 135 degrees internal temperature, or longer if you prefer.
- While salmon is baking, boil water with salt.
- Blanch fresh peas in salted boiling water for about 2 minutes, or until they float to the top.
- Immediately add to an ice bath to shock them.
- Add 2 tsp. of olive oil to a saute pan and cook chopped shallots until translucent.
- Add garlic to saute pan and cook until slightly browned.
- When done, add shallots and garlic to a blender.

- Add blanched peas to blender.
- Add 1/2 of the vegetable stock or water and blend.
- Add additional liquid slowly until proper consistency is reached (like puree soup consistency).
- Add parsley and mint, and continue to puree until smooth.
- When salmon is done to your preference, remove from oven and let rest on counter for **5 minutes** before cutting into 8 portions.
- When you are about ready to plate, add puree to a sauce pan & heat on low to bring temperature up (you can add additional vegetable stock to keep from getting too thick).
- Add lemon juice & salt/pepper to taste.
- Toss together arugula, cherry tomatoes, cumin powder, lemon juice and olive oil.

Plate....

- Add 3-4 oz. pea puree to center of plate
- Add a 6-8oz piece of salmon on top of puree
- Add salad garnish on top of salmon
- drizzle extra virgin olive oil around plate

ENJOY!

