

Pan Seared Sockeye Salmon with Zucchini Summer Salad

Chef Ericka Burke



Ingredients:

For Fish:

4 each (6 oz wt) Sockeye filets, skin on
2 Tbsp. Cooking Oil
Salt and Pepper to taste

For Salad:

2 each Zucchini, julienned, using a julienne peeler or mandolin
1 each Small Walla Walla Sweet Onion, peeled and julienned
4 each radish, sliced very thin
1 Cup Heirloom Cherry tomatoes, quartered
¼ Cup mint leaves, hand torn
2 Tbsp. tarragon, roughly chopped
Salt and pepper to taste
1 recipe tarragon vinaigrette (recipe follows)

Tarragon Vinaigrette Recipe:

1 shallot, peeled and minced
2 Tbsp. Honey
2 Tbsp. tarragon, chopped
½ cup Champagne Vinegar
1 Cup Grape seed oil
Salt and pepper to taste

Vinaigrette Procedure:

Place shallots, honey and tarragon in food processor. Puree. Slowly add vinegar, with the motor running. Then, slowly drizzle in the oil. Season to taste. Continue to puree until the vinaigrette is well emulsified. Store refrigerated until ready to use.

Salad Procedure:

Using a julienne peeler (can be found at any kitchen store) julienne the zucchini- the julienne should be approx. 4-5 inches long. Stop julienning

when you have reached the seed section of the zucchini. Place in a mixing bowl. Add all other veggies and herbs to the zucchini. Place radishes in water if you will not be serving right away. Drain water and add to salad when ready to serve.

Fish Procedure:

Preheat oven to 350. Heat oil in sauté pan until very hot. Season the sockeye filets, flesh side. Place the fish filets in hot pan, skin side down. Cook until the skin is golden brown. Remove the filets from the pan using a small metal spatula, careful not to tear the skin. Place fish on a baking sheet, skin side up. And quickly bake for approx. 4-5 minutes. Do not over cook.

Final Plating:

While fish is in oven, toss the salad with the tarragon vinaigrette. Mound the dressed salad in the center of your serving plate. Top salad with fish, skin side up. You may wish to sprinkle the skin with a little sea salt prior to serving.

Serves 4