

Trolled Wild Salmon with Summer's First Veggies and Salsa Verde

Ingredients (for 4)

Salsa Verde

- ¼ loaf fresh baked bread, most of crust removed and torn in to shreds
- ½ cup basil leaves
- ½ cup parsley leaves
- ¼ cup mint leaves
- ¼ Tbsp fresh garlic, minced
- 1 tsp kosher salt
- 1 ½ cup extra virgin olive oil
- ¼ cup verjus (pressed underripened grapes) or squeeze of lemon may substitute

Salmon

- 4 ea trolled wild salmon fillets (5-6 oz each)

Vegetables

- 1 ea garlic clove, sliced
- 2 ea shallots, sliced
- 2 ea baby zucchini, sliced in half moons
- 8 ea squash blossoms, stamen removed
- 6 ea baby carrots, sliced on bias
- 2 ea radishes, sliced into rounds
- 2 ea turnips, sliced into rounds
- 10-12 ea sugar snap peas, sliced on bias
- 1 cup spinach, roughly chopped
- 1 cup kale, roughly chopped
- To taste kosher salt
- To taste freshly ground black pepper

Method

1. Make salsa verde: In food processor, place salt, basil, mint, parsley and garlic. Process while slowly adding olive oil. Add chunks of bread and continue to process until bread is gravel sized. Add verjus or a couple of squeezes of lemon, tasting for a balance of acidity and sweetness. Set aside at room temperature. If made the day before, refrigerate and bring to room temperature before serving.
2. Make veggies: In large, heavy bottomed sauté pan, add olive oil, butter, garlic and shallots. Turn heat to medium high. When the garlic and shallots become fragrant, add zucchini, carrots, radishes, turnips, and sugar snap peas. Sauté for 2-3 minutes; the veggies colors will brighten; season with salt and pepper. Add spinach and kale and sauté an additional minute until the greens are wilted. Finally add the blossoms and allow the heat of the vegetables to wilt the blossoms. Finish with a Tbsp of butter and a splash of verjus. Taste again for seasoning.
3. Cook the salmon: Season both sides of salmon filets with salt and pepper. In non-stick sauté pan, heat 2 tsp olive oil until almost smoking. Add 1 tsp butter and as the butter is browning, add the salmon, skin side down. Using a spatula, press the salmon flat on the bottom of the sauté pan and decrease heat to medium-low. Allow the skin to crisp for two minutes, then carefully flip the fish over in the sauté pan. Turn the heat off and allow the fish to cook in the residual heat for another minute.
4. Assembling dish: Distribute the cooked vegetables evenly on the four dinner plates. Place one salmon filet atop the veggies. Spoon the salsa verde around the salmon and vegetables. Serve and enjoy.

An excellent accompaniment to this dish is the 2006 Pinot Gris from Seven Hills Winery in Walla Walla, Washington. Hazelnut and green apple notes yield a bit of new French oak to this crisp wine.