



salmon, carrot coulis, sautéed greens and citrus

ingredients

- 1 – blood orange, segmented
- 1 – oro blanco grapefruit, segmented
- 1 – tangerine, segmented
- 1 – meyer lemon, segmented
- 1 qt. – organic fresh carrot juice
- 1 bunch – spinach
- 1 bunch – black kale
- 1 bunch – swiss chard
- 1 lg clove – garlic, medium chopped
- 6 – medium carrots, peeled and roughly chopped
- 1 tsp – ginger, finely chopped
- 1 tbsp – lemon juice
- 4 – 5oz. skinless filets of wild alaskan salmon
- 1 tbsp – really good extra virgin olive oil plus extra for sautéing
- brittany gris sea salt and tellicherry pepper

preparation:

bring carrot juice to a low boil, add carrots. cook until very tender, drain (reserve 1 cup carrot juice), place carrots and ginger in blender, add reserved carrot juice slowly add to blended carrots until consistency of heavy cream (may not need all the juice), blend until very well blended and smooth, season with salt and pepper to taste, (you can add a touch of cream if you'd like it a little richer) reserve warm.

bring pot of three quarts of salted water to a boil.
remove stems from spinach, kale and swiss chard. blanch for approx. one minute, remove, drain, squeeze, roughly chop.
heat olive oil in sauté pan, add garlic, when you can smell the garlic and it is just cooked add greens, heat through, add lemon juice, season to taste with salt, pepper and more olive oil if needed, reserve warm.

allow salmon to come to room temperature, (approx. half an hour), season liberally with salt and pepper, bring well oiled pan to medium high heat, sauté salmon until golden brown, repeat on other side, cooking time will depend on thickness of salmon, approx. three minutes each side. You can also finish the fish in the oven until cooked appropriately. brush with olive oil prior to serving.

to plate: pour carrot coulis in a circle, place greens inside, top with salmon and citrus segments (one of each), drizzle with olive oil, serve!

Serves four

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