

Pan Roasted Wild Salmon with Quinoa, Dandelion Greens and Parsley Pistachio Vinaigrette

Ingredient List:

Salmon:

1.5-2 lbs fresh wild king salmon, skin on (cut into 4 pieces, 6-8oz each)
1 Tbsp canola oil
kosher salt and pepper to taste

Quinoa:

1 cup quinoa, rinsed
2 cups water

1 Tbsp extra virgin olive oil
8 oz fresh dandelion greens, washed, dried and chopped into 3" pieces
2 cloves fresh garlic, thinly sliced
1 shallot, thinly sliced
1/2 yellow bell pepper, sliced into strips 2"x1/8"
1/4 lemon
kosher salt and pepper to taste

Vinaigrette:

.25 oz flat leaf parsley, minced
1 clove garlic, minced
1/2 oz shallot, minced
1.5 Tbsp white wine/champagne vinegar
4 oz extra virgin olive oil
3/4 oz shelled pistachios, dry roasted and roughly chopped
kosher salt and pepper to taste

How to make the vinaigrette:

Chop the parsley very fine and mince the garlic and shallot, placing all in a medium bowl. Add the vinegar and whisk in the extra virgin olive oil. Add the pistachios and season with salt and pepper. This can be made a day in advance and stored in the refrigerator in an airtight container. Allow to come to room temperature before serving.

How to make the quinoa:

Combine the quinoa with the water, bring to a simmer, and cover. After about 10 minutes, remove the lid and stir, checking for the amount of water left. It should take about another 10 minutes for the rest of the water to

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be absorbed and finish cooking. If you want to make in advance, remove the quinoa from the pot and spread on a baking sheet to cool.

To prepare the rest of the quinoa portion of the dish, heat a large saute pan or wok and add the extra virgin olive oil. Add the garlic, shallots and sliced bell pepper and saute for about 2 minutes, taking care not to let the garlic burn. Add in the washed and cut dandelion greens and saute until they wilt. If necessary, add a tablespoon of water to help the greens cook. When the greens are mostly wilted, add in the cooked quinoa and mix with the greens to reheat. Finish with a squeeze of lemon and season with salt and pepper. Serve under the cooked salmon.

How to pan roast the wild salmon:

Place the pieces of salmon skin side up on a plate and pat dry with a paper towel if there is excess moisture on them. Season the skin with salt and pepper.

Heat a heavy bottomed saute pan. When hot, carefully add the oil and swirl to cover the bottom of the pan. Using tongs, place the salmon skin side down in the pan. Be careful as the oil may pop when it comes into contact with the skin. Turn the heat down to medium and cook about 3-4 minutes until the skin is evenly crisp and browned. Using the tongs and a spatula, gently turn the fish over in the pan and continue cooking another 3-4 minutes**. Remove from pan to a warm plate.

**Cooking times are based on a piece of fish which is 1.5-2" at its thickest point and an internal cooking temperature of "medium". You may want your fish more or less cooked depending on your personal taste.

Plating:

Place about a cup of the warm quinoa/dandelion mixture in the center of a medium sized plate. Place the cooked salmon, skin side up on top of the quinoa mixture. Spoon 1-2 tablespoons of the parsley pistachio vinaigrette over and around the fish. Garnish with extra pistachios. Serve with a pacific northwest pinot noir.

Timing Tips:

Set the quinoa to cooking first. Then make the vinaigrette and set aside. Cut the vegetables which get mixed into the quinoa. About 20 minutes before you want to eat, put two pans on the stove, one for the quinoa mix, and one for the salmon. Make sure you have all your ingredients ready. Finish the quinoa part of the dish and cover to keep the heat in. Cook the salmon, set up your plates after turning over the salmon the pan, and serve.