

Seared Salmon Mediterranean Style with Creamy Polenta

Yield: 4

Ingredients:

4 4 oz. Norwegian Salmon

Provençal Relish:

1 ½ C Olive oil, virgin
3 oz. Kalamata Olives, medium size, small dice
2 oz. Red onion, small dice
1 oz. Garlic, minced
1 ea. Yellow pepper, small dice
1 ea. Red pepper, small dice
1 oz. Capers, small size
1 pc. Tomato, vine ripe , diced
3 T Basil, Thyme, & Oregano , fresh, fine chopped
2 C Spinach, roughly chopped or baby spinach whole

Method:

1. Prepare the Mediterranean relish. Cut bell pepper in half and clean centers. Place on half sheet pan, hollow side down along, brush each of these with some of the vegetable oil, place directly into a 350°F oven. Allow to cook until the skin on the peppers becomes loose. Remove and cool. Peel pepper skin off and cut the peppers appropriately.
2. In a medium size bowl, combine the olive oil, olives, red onion, garlic, peppers, capers, tomatoes, and herbs. Allow the relish to marinate at least 1 hour at room temperature to meld flavors together. Adjust seasoning with salt and fresh ground pepper.
3. Season salmon filets with salt and white pepper. Heat sauté pan, add some olive oil, place salmon filet in the pan and sear 2-3 minutes on each side. Add Mediterranean relish and spinach into the sauté pan. This combines flavors of the fish, spinach, and the relish. (Heat only 3-4 minutes)
4. Assemble the plates. Place some spinach in the center of the plate, then place salmon on top and finally spoon the relish on the fish as well as around the plate. Serve.

Creamy Polenta

Yield: 6 servings

Ingredients:

2 Cup Whole Milk
2 Cup Chicken stock
3 T Butter
1 T Basil, finely chopped
1 Cup Yellow Cornmeal or Polenta
¼ Cup Parmesan Cheese

Method:

1. Combine milk, stock, butter and basil in saucepan and bring to a boil.
2. Whisk in dried polenta and whisk continuously for 8 to 10 minutes or until mixture is tender.
3. Add cheese whisking, adjust consistency if needed. Season to taste. Hold in steam table until needed.