

Taste of Thirwood

SERVES 2

INGREDIENTS

- 2- 5-6 oz. skinless, boneless salmon fillets.
- 1 lime
- 1 quart court bouillion*

PREPARATION

1. Bring the court bouillon in a heavy bottomed pot to a simmer.
2. Sprinkle the Salmon on top with the juice of the lime. Let it sit for 10-20 minutes to marinate. (The acid from the lime juice will begin to marinate the surface of the fish preventing the fat from the salmon rising to the top of the fillet while poaching, resulting in a white discoloration of the salmon.)
3. Carefully place the fish into the poaching liquid.

*Court Bouillon Poaching Liquid

INGREDIENTS:

- 1 quart water
- 1 tb. kosher salt
- ½ tsp. black peppercorns
- ½ cup white wine
- ½ medium onion chopped

- 1 stalk celery chopped
- 1 medium carrot chopped
- ¼ head of fennel bulb chopped
- 1 bay leaf
- 1 sprig of fresh thyme
- 1 sprig of fresh dill
- ½ lemon sliced thin

Cold Poached Salmon



4. Simmer (do not boil) the fish for 5 minutes.
5. Turn off the heat and let the fish “steep” like tea for another 15 minutes. When cooled, remove fish from the liquid, cover and refrigerate until cold.

GARNISH:

Serve with ¼ cup sour cream, ¼ cup capers, and a ¼ cup of finely diced red onions with lightly toasted French bread croutons.

PROCEDURE:

Combine all the ingredients in a heavy bottomed soup pot. Bring to a boil, then lower to a simmer. Let simmer for 30 minutes. Strain and either use immediately or cool and reserve for future use.

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INGREDIENTS

2- 5-6 oz. Boneless skinless salmon fillets

1 tb. dry seafood rub (such as Montreal seasoning)

Olive oil or pan spray

Sweet chili glaze*

PREPARATION

1. Sprinkle the top of the salmon fillets with the dry rub. Lightly oil or spray the salmon.
2. Season the salmon with the dry rub on top. Pre-heat char-grill to high and place fish on grill seasoned side down.

Caesar Salad

INGREDIENTS:

Makes 2 Salads:

1 head romaine hearts cut 1-inch crossways.

1 oz. shredded Parmigiano-Reggiano cheese.

2-3 oz. Caesar salad dressing.

Char-Grilled Salmon with Sweet Chili Glaze



3. Cook until nice and brown with good grill marks on fish.
4. Turn salmon over and reduce heat to low. Cover grill and cook for 5-10 minutes until fish is cooked through.
5. Remove salmon and top with the sweet chili glaze.

2 oz. garlic cheese croutons.

PROCEDURE:

1. Toss the first 3 ingredients together and mix well.
2. Top with garlic cheese croutons.

*Sweet chili glaze can be found at your local supermarkets. Mae Ploy Sweet Chili Glaze is recommended.

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INGREDIENTS

Two, 5-6 Oz. Boneless Skinless Salmon Fillets
1 Tb. Lemon Pepper Seasoning
2 Oz. Clarified Butter or Olive Oil
4 Oz. Hollandaise Sauce*

PREPARATION

1. Sprinkle the top of the salmon fillets with the lemon pepper seasoning.
2. Heat a Teflon lined sauté pan to medium high heat.
3. Add butter or olive oil to the pan and sear the fish seasoned side down till nice crispy brown and caramelized.

Endive, Avocado, Tomato and Blue Cheese Salad

INGREDIENTS:

Makes 2 salads,
1 head of Endive
½ head Bibb Lettuce
2 oz. Blue Cheese Crumbles

2 oz. Diced avocado
2 oz. Fresh tomato skinned, seeded and chopped
1 oz. Italian dressing

PROCEDURE:

1. Cut endive ½ inch crossways leaving 2 inches of the tops for garnish.

Pan Seared Salmon with Hollandaise



4. Turn the fish over, turn off the heat, and cover.
5. Let the salmon “rest” covered for 10 minutes to finish cooking.
6. Check for doneness, and plate with Endive salad.
7. Top salmon with the hollandaise sauce.

*Hollandaise Sauce Mix can be found at your local supermarkets.