

edible MONTEREY BAY™

RECIPE OF THE WEEK

Pan Roasted Fresh Water King Salmon & Spring Asparagus Salad



If you're looking for an alternative to the traditional lamb or ham for Easter Sunday, we've got you covered.

Chef **Jason Giles** of **Jacks Restaurant** and **Peter B's Brewpub** at the **Portola Hotel & Spa** in Monterey, proposes succulent king salmon atop a "haystack" of asparagus salad. It doesn't get more spring-like than that.

| INGREDIENTS |

12 oz. Mt. Cook Fresh Water King Salmon cut into 3 oz. portions
1 Bunch (16 pieces) Fresh Local Asparagus
2 Red Beet Roasted and Peeled
2 Gold Beet Roasted and Peeled
4 oz. Yogurt Sauce (recipe below)
Fresh Chives for garnish

| FOR THE ASPARAGUS |

Wash and pat dry the stalks of asparagus. Using a vegetable peeler, gently peel 3 asparagus length wise to create fettucine looking strips of raw asparagus, set aside in a bowl. Cut the tips of the remaining asparagus leaving 1.5 inch of the stalk. Set aside.

| FOR THE YOGURT SAUCE |

1.5 Cup Nonfat Greek Yogurt
1 Lemon Juiced
1 Bunch Tarragon
1 or 2 Shallots (depending on size)
½ cup Red Wine Vinegar
Salt and Pepper
Pinch of White Sugar
½ cup E.V.O.O (high quality)
2 Dash Tabasco Sauce
1 Tbsp. Chopped Parsley

Mince the shallot and place in a stainless steel pan with the red wine vinegar and tarragon leaves. Cook until almost dry. **Be sure not to scorch or burn. Set aside and let cool while you prepare the rest of the sauce.

In a blender combine the yogurt, lemon juice, pinch of sugar, pinch of salt and pepper and blend until well combined. With the blender running slowly add the E.V.O.O, if it gets too thick to blend add a touch of water. Stop blender and add the tarragon reduction, blend until well combined. Stop the blender and taste. Adjust salt and pepper. Add a dash or two of tabasco sauce and blend for 10 seconds. Pour into a container and chill until service.

* The sauce can be made the day before, it will set up and need to just be gently stirred for service.

| DIRECTIONS |

Season your fish with sea salt and fresh cracked pepper, sear in a hot pan over medium heat, skin side down for about 2 minutes, turn over and cook for another 2 to 3 minute depending on preferred doneness. Remove from pan and set aside in a warm spot. *Remember the fish will continue to cook slightly while resting.

As the fish is resting, sear the asparagus tips in the same pan you cooked the fish in for about 1 minute. Sprinkle with sea salt and pepper, set aside

For the plate up:

Take your fresh asparagus strips and toss them with a dash of E.V.O.O., sea salt, fresh cracked pepper, and lemon juice. Gently bundle in the center of serving plate, like a hay stack, place roasted asparagus tips around, along with the sliced roasted beets. Place the fish skin side up on the Asparagus haystack and drizzle about 1 oz. of the yogurt sauce around the plate and a dab on the fish. Garnish with fresh chives and serve.

Enjoy a wonderful taste of spring and always have fun playing with your food.....Chef Jason