



Where Seattle Goes For Seafood

Presents

PAN SEARED SALMON WITH MORELS, SPRING PEAS AND LEMON BUERRE BLANC

Salmon, mushrooms and peas

Makes 4 portions

2 oz	Extra virgin olive oil
24 oz	Salmon* (skin off) cut into 4 each 6 ounce portions
1 Tbsp	Unsalted butter
3 Tbsp	Peeled chopped shallots
12 oz	Fresh Morels trimmed cleaned and sliced (or dried reconstituted in salted warm water and drained)
1 ½ cup	Fresh shucked English peas
¾ cup	High quality dry white wine
1 Tbsp	Freshly squeezed lemon juice
1 Tbsp	Unsalted butter
1 Tbsp	Fresh chopped tarragon
To Taste	Grey sea salt
To Taste	Freshly ground Tellichery pepper

Instructions:

1. Preheat oven to 400 degrees and have a baking sheet with rack next to the stove.
2. Place the olive oil in heavy large skillet over medium heat. Heat the oil until it reaches the smoke point, remove the pan from the heat and carefully place the salmon into the pan presentation side down. Make sure there is space between the pieces to ensure even cooking. Cook without disturbing for around 1 to 1 ½ minutes or until golden brown, remove the pan from the heat then remove the salmon from the pan and place onto the prepared baking rack presentation side up.
3. Place the pan back onto the heat and add 1Tbsp of butter and shallots and sauté 2 minutes. Increase heat to medium-high. Add Morels; sauté until beginning to brown.
4. At this point place the salmon into the preheated oven and bake until an internal temperature of 120 degrees is reached. Remove from oven and hold in a warm spot for service.
5. While the salmon is cooking add the peas to the mushrooms and continue sautéing for another 2 minutes then add the wine; boil until liquids have almost evaporated. Remove the pan from the heat.

6. Add the lemon juice and 1 Tbsp butter and swirl continuously until the butter is emulsified.
7. Mix in chopped tarragon and season with salt and pepper.

*note: take care to use pieces that are similar in thickness across the whole piece and that are similar in dimension to each other. Use wild caught fish from sustainable runs.)

Beurre Blanc

Makes 2 cups

1 oz	Peeled chopped shallots
1 oz	Lemon juice
1 cup	High quality dry white wine
¼ cup	Heavy/whipping cream
1 pound	Chilled unsalted butter cut into 1 inch cubes
To Taste	Grey sea salt
To Taste	Ground white pepper
1 each	Whole bay leaf

Instructions:

1. Combine shallots, lemon juice, bay leaf, and wine in a small pan and reduce 50% and strain through a sieve.
2. Return the strained liquid to the pan and add the heavy cream. Cook one minute.
3. Working on and off low heat add the butter in one block at a time while whisking constantly until each piece is dissolved.
4. After the last piece of butter is dissolved remove the sauce from heat, adjust the seasoning and store at a luke warm temperature until use.

Chive oil

Makes 1 cup

4 oz	Fresh chives cleaned and chopped
4 oz	Extra virgin olive oil

Instructions:

1. Place the oil in a pot and heat it up too 150 degrees and then put in the chives.
2. Let the pot stand for 10 minutes and then put the contents in a blender and blend for one minute.
3. Reserve for service.

Living pea shoot bundle

1 Pint	Living pea shoots
4 each	Blanched chives(chives dipped for a few seconds in hot water then in cold water

Instructions:

1. Lay out the chives horizontally on a flat work surface and then a bundle of pea shoots about a ½ inch in diameter across the chives.

2. Tie a simple knot around the pea shoots with the chive being careful not to break the chive and then cut the excess chive near the knot.

Plating

- 1 Recipe Spring peas and morel mushrooms
- 1 Recipe Lemon beurre blanc
- 1 Recipe Chive oil
- 1 Recipe Seared salmon
- 4 ea Living pea shoot bundles

Instructions:

1. On a warmed neutral light colored plate evenly distribute the pea and mushroom mixture in the middle of the plate.
2. Spoon the beurre blanc around the vegetables so that it pools out from them about 2 inches and then carefully surround the beurre blanc with a ring of the chive oil so that the two liquids are touching.
3. Place the salmon on top of and in the middle of the vegetable mix.
4. Drizzle the fish with a spoonful of the beurre blanc and top with the pea shoot bundle and serve.