



Where Seattle Goes For Seafood

Presents

GRILLED SALMON WITH ROASTED PEPPER SALAD AND GRILLED PARMESAN POLENTA

Serves 4

4 each	Salmon Steaks
¼ cup	olive oil
1 tsp.	Kosher salt, mixed with
½ tsp.	Fresh cracked black pepper
12 oz	Roasted pepper salad <i>*(see recipe below)</i>
1 cup	Grilled Parmesan polenta <i>*(see recipe below)</i>
3 tbsp	Balsamic reduction <i>*(see recipe below)</i>

Instructions:

1. Heat grill to medium and season both sides of the salmon with salt and pepper.
2. Place the presentation side down on the grill and sear cross marks and turn over and repeat the process and cook to an internal temperature of 125 degrees.
3. To plate place the grilled Parmesan polenta on the center of the serving plate and place the grilled salmon on top of the polenta.
4. Top with the roasted pepper relish and then lightly drizzle the balsamic reduction over the top. Serve.

Roasted Pepper Salad

Makes approximately 1 ½ lbs

4 oz	Green pepper halved and seeded
4 oz	Red pepper halved and seeded
4 oz	Yellow pepper halved and seeded
2 oz	Golden raisins
1 ¼ cup	Balsamic vinaigrette <i>*(see recipe below)</i>
4 oz	Roma tomato (seeded and diced ½ inch)
½ cup	Red onion (julienne ¼ inch)
1 tsp	Garlic, minced
1 tsp	Shallots, minced
¼ cup	Pine nuts, toasted

pinch Cayenne pepper
to taste Kosher salt and pepper

Instructions:

1. Place the peppers cut side down on a sheet pan and broil under high heat until the skin on the peppers begin to turn black and blister.
2. Remove the peppers and cover with plastic wrap to allow the peppers to sweat and loosen the skin. Peel the peppers and cut them into ½ inch wide strips.
3. Place all the ingredients into a large bowl and let marinate for at least 2 hours.

Balsamic Vinaigrette

Makes 2 cups

½ cup Dark Balsamic vinegar
1 ½ cup Olive oil
1 tsp Garlic, minced fine
1 tsp Kosher salt
½ tsp. Pepper course ground

Instructions:

1. Combine balsamic vinegar and minced garlic in a mixing bowl. While whisking slowly add the olive oil to form an emulsion.
2. Season with salt and pepper and reserve under refrigeration until needed.

Grilled Parmesan Polenta

Makes approximately 2 lbs

8 oz Polenta, course
5 cups Chicken broth
1 oz Butter, whole
¼ cup Parmesan cheese, grated
to taste Kosher salt and pepper

Instructions:

1. Place the polenta, chicken broth and butter into a heavy bottom sauce pan and heat the mixture stirring constantly until it becomes thickened.
2. Add the grated Parmesan cheese and adjust seasoning with kosher salt and pepper.
3. Prepare a wax paper lined cookie sheet then pour the polenta mixture into the pan evenly and chill to set.
4. Once chilled remove the polenta from the pan by inverting it on a flat work surface then cut them into desired shapes.

5. Lightly oil the polenta and place on a hot grill and cook until grill marks are present and polenta is hot throughout.

Balsamic Glaze

Yield-3 tbsp

8 tbsp Balsamic vinegar
1 tbsp Corn syrup

Instructions:

1. Combine all ingredients in a saucepan and reduce over low heat until a thick syrupy consistency.
2. Remove from the heat and hold at room temperature until needed.