

Lightly Roasted Wild BC Sockeye Salmon

With shaved fennel slaw, warm vegetable salad and drizzled mustard seed vinaigrette



Sockeye Salmon

Preheat oven to 190°C / 375°F. Portion four equal pieces of salmon. Heat up the oil in an oven-safe skillet, season each piece of salmon with salt and pepper and pan fry on both sides until browned (on a high heat). Finish off the cooking process in the oven until cooked medium at the centre (approximately 5 minutes).

Shaved Fennel Slaw

Cut fennel greens from bulb, rough-chop 6 g / 1½ tsp and set aside. Using a sharp mandoline or vegetable peeler, shave the fennel bulb very thinly (paper thin). Place shavings in a bowl, add lime juice, salt, pepper, olive oil and chopped fennel greens. Set aside in the refrigerator until needed.

Mustard Seed Vinaigrette

In a bowl, mix together the mustard and vinegar. Whisk in the olive oil gradually until smooth. Check the seasoning (salt and pepper) and set aside.

Warm Vegetable & Roasted Potato Salad

Preheat oven to 190°C / 375°F. Wash, deseed and remove the ribs from the red pepper and cut into 1½ cm / ½ inch pieces. Wash, peel and cube the butternut squash. Set aside the red pepper and squash. Wash and cut the potatoes (skin on) into 1½ cm / ½ inch cubes and place in a bowl. Season, drizzle the potatoes with olive oil, and transfer to a roasting pan. Place in a hot oven and cook for 10 minutes. Remove from the oven and add in the red peppers and butternut squash. Roast for another 10 to 15 minutes, or until cooked and browned.

Wash and blanch the snap peas separately (dip into boiling water, then quickly remove and dip into ice water). Chop into 3 cm / 1 inch pieces, add in to the rest of the ingredients, toss in the vinaigrette and coat evenly using a stainless steel bowl. Serve immediately.

PLATING

Place the vegetable and potato salad in the centre of the plate. Place the roasted salmon on top of the salad, garnish with shaved fennel (on top of salmon). Drizzle the vinaigrette around the salmon.

Serves 4

Sockeye Salmon

900 g	32 oz	sockeye salmon fillets
30 ml	2 Tbsp	extra virgin olive oil
to taste		black peppercorn, ground
to taste		sea salt, fine

Shaved Fennel Slaw

1 bulb		fennel with greens
		juice from one lime
14 ml	1 Tbsp	olive oil
to taste		pepper, ground
to taste		salt, fine

Mustard Seed Vinaigrette

30 g	2 Tbsp	whole-grain old-fashioned mustard
30 ml	2 Tbsp	apple cider vinegar
60 ml	¼ cup	extra virgin olive oil
to taste		pepper, ground
to taste		sea salt, fine

Warm Vegetable & Roasted Potato Salad

4		yellow flesh potatoes
1		red bell pepper
60 g	¼ cup	butternut squash, peeled and cubed
60 ml	¼ cup	olive oil
to taste		salt
to taste		pepper
8-10		snap peas
60 ml	¼ cup	mustard seed vinaigrette



ROCKY MOUNTAINEER®