



Pan Roasted Salmon with Romesco Sauce

Fresh Arugula, Mint and Fava Bean Salad

Salmon:

2 center-cut salmon fillets
Olive oil
Salt and black pepper

Fingerling potatoes

Sliced raw; and boiled tender
Vegetable oil to Fry
1 Tablespoon Chopped herbs
(Tarragon, oregano, basil, parsley)

1 cup Romesco Sauce

(See recipe below)

For the salad:

3 cups baby arugula leaves
12 ea mint leaves
¼ cup fava beans; (blanched)
½ cup grape or cherry tomatoes
¼ cup sliced red onion (Soaked in
rice wine vinegar for 2 hours)
Salt and black pepper, to taste
1 Tbsp extra-virgin olive oil
1 Tbsp lemon juice

1. With a paper towel pat the salmon filets dry. Toss with olive oil, salt and pepper.
2. Heat a sauté pan on high heat. Once hot add some olive oil and the salmon filets to the pan. Sear on each side for one minute. The filets should be left rare in the middle. (You may cook longer if you so choose.)
3. In a separate sauté pan heat some olive oil. Once hot add the potatoes and fry crispy golden brown. Strain from the oil and immediately toss with herb mix, salt & pepper.
4. Once the filets are cooked remove from the pan to rest in a warm place. Drain the oil from the pan and wipe out with a paper towel.
5. Add some of the Romesco sauce to the pan but DO NOT place back on the burner. The left over heat from the pan will be just enough to warm the sauce.
6. Once warm spread some onto the salmon filet and the rest onto a plate.



7. Meanwhile, combine the arugula, mint leaves, fava beans, tomatoes and onion in a bowl. Just before serving, season with salt and pepper and drizzle with oil, lemon juice & crispy fingerling potatoes. Toss well.

8. Place the salad on the sauce on the plate and next cut the salmon into three pieces. Serve on top of the salad.

Romesco Sauce

Makes about 1 1/2 cups.

4-6 roasted Piquillo peppers; (mild to medium spice red peppers)

2 tablespoons Almonds; toasted lightly in the oven

1 (1/2-inch-thick) slice firm white bread, cut into 1/2-inch cubes

2 large garlic cloves, sliced

1/8 teaspoon dried hot red pepper flakes

2 tablespoons water

1 tablespoon red-wine vinegar

1/4 teaspoon salt, or to taste

1/3 cup extra-virgin olive oil

- 1.) Add all the ingredients minus the olive oil, to a food processor and blend.
- 2.) Once fully blended slowly drizzle in olive oil.
- 3.) Taste and balance flavors with the vinegar and salt.