



Fines Herbes Seared Salmon with a Champagne Salad

Makes. Serves 2 to 4 servings

Preparation time: 20 minutes prep time, and about 20 to 30 minutes to cook, depending on the thickness of the fish.

Ingredients

Marinated cherries and mini sweet peppers (see attached recipe)

Fines Herbes Champagne Vinaigrette (see attached recipe)

Fines herbes seasoning sprinkle (see attached recipe)

1-1/2 pounds boneless salmon fillets (not steaks)

4 to 6 cups assorted torn Artisan Lettuce

1/4 cup toasted broken walnuts

1/4 cup goat cheese crumbles

Directions:

1. Prepare **Dried Cherries and Mini Sweet Peppers**
2. Prepare **Fines Herbes Champagne Vinaigrette**
3. Prepare **Fines Herbes Seasoning Sprinkle**
4. **Prepare Grilled Salmon:**

Sprinkle the flesh side of the fish with Fines Herbes Seasoning Sprinkle.

5. Heat the grill as hot as she'll go. Put a cast iron frying pan or griddle on the grill until it is as sizzling hot. Pour enough extra virgin olive oil to coat it well (these oils don't smoke as easily as most other oils). Spread it around with your spatula or use a silicon basting brush.
6. Wait until the oil is hot, about 1 minute, just when it starts to shimmer. Place salmon fillets on griddle flesh side down. Press gently so as much fish as possible is in contact with the hot oil. If you wish, toss some hard wood saw dust, chips, or dried herbs on the fire to create aromatic smoke. Meathead adds some dried oregano or basil plants for added flavor. You can use them on a gas grill; they will incinerate into harmless ash.



7. Cook 3 to 7 minutes per side until each is dark golden about not more than 130°F in the thickest parts and be slightly translucent and flaky. The thicker portion will cook longer than your thin cut portion. Remove from grill with fish tongs or wide spatula. If you see a milky fluid (protein) seeping from the sides, don't worry. It's just a protein called albumen. You can eat it or just pat it off with a wet basting brush or paper towel.
8. Place grilled fish on plate; drizzle with 1 to 2 Tablespoons vinaigrette. Toss lettuce greens and walnuts in bowl with half of vinaigrette to coat. Place salad on serving platter; sprinkle with goat cheese. Place fish fillets on top of the salad. Drizzle some of the vinaigrette over the fish fillets;

Place marinated dried cherries and sweet pepper mixture over fish. Serve salmon warm.

Yield: Serves 4

Attached Recipes:

Marinate Dried Cherries and Mini Sweet Peppers

1/4 cup champagne or white wine vinegar

1 cup sliced mini multi-colored sweet peppers, deseeded

1/4 cup chopped dried cherries

In small bowl, combine vinegar with sliced peppers and cherries; set aside for about 20 to 30 minutes. Strain vinegar from peppers and cherries; set aside. Use the vinegar for the dressing.

Prepare: Fines Herbes Champagne Vinaigrette

1 teaspoon Dijon mustard

1/2 teaspoon dried minced garlic

1 teaspoon Fines Herbes

1/8 teaspoon (each) salt; ground black pepper or to taste

1/4 cup olive oil

Strain the vinegar from the peppers and cherries. In a small bowl, whisk vinegar, mustard, garlic, Fines Herbes, salt and pepper. While whisking, slowly add olive oil until vinaigrette is emulsified.

Fines Herb Seasoning Sprinkle

1 Tablespoon Fines Herbes

1/2 teaspoon dried lemon peel

1/2 teaspoon salt

1/8 teaspoon white pepper

In a small bowl, combine Fines Herbes, lemon peel, salt, and white pepper. Set aside.

Cook's Note: Dried Fines Herbes: The famous French herb is a combination of chives, parsley, tarragon and chervil.

About the Recipe: French grilled salmon topped with marinated dried cherries and mini sweet peppers and seasoned with Fines Herbes scents of chives, parsley, tarragon, and chervil. It's served on top of a refreshing

champagne vinaigrette coated Artisan lettuce salad, dotted with toasted walnuts and a touch of creamy goat cheese.

About the fish. Cut into 2 portions thick and thin portions for better grilling. Any fresh thick firm fish filet such as halibut, trout, coho, arctic char, haddock, bass, and sea bass can be substituted

What about the fish skin? It's nice to get the skin off before you start if you can so you can get the fish crispy on both sides. Have your butcher remove the skin if possible or you can try to remove it yourself with a very sharp thin flexible blade of a filleting knife. It can be tricky, and if you do not feel confident you can do it without wasting a lot of fish meat, leave the skin on. You can remove it after cooking when it will peel off easily. If you like fish skin, leave it on and you will be treated to some of the most wonderful crunchy fish cracklins ever. You might want to slash the skin with long cuts in a few places because the skin on some fish, like perch, contracts and can turn a nice thin filet into a tube.

Grilling Technique Recipe: Meathead Goldwyn The Science of Great Barbecue and Grilling

For More Detailed Information: See:

http://amazingribs.com/recipes/seafood/seared_salmon_recipe.html