



Easy 'n Elegant Broiled Salmon with Melting Blue Cheese Sauce
Flavored with lemon, white wine, dill, and peppadew peppers

Special Heart Stars – Salmon and Kale

1-1/2 pound Verlasso boneless salmon fillet with skin

Sea salt as desired

Freshly ground white pepper. as desired

1 Tablespoon unsalted butter, cut small chunks

2 Tablespoons minced shallot

1/4 cup fine chopped fresh dill

2 ounces blue cheese, crumbled

1 Tablespoon fresh lemon juice

1 Tablespoon dry white wine

1 Tablespoon chopped peppadew peppers

Thin lemon slices, sliced peppadew peppers, or fresh dill for garnish

Serve with: Italian Kale Slaw (see recipe below); and slices of braided egg bread with raisins or your favorite fresh bread

Preheat the oven to 450 degrees F.

Lay the salmon skin side down on a large rimmed baking sheet lined with parchment paper. Season the salmon with salt and white pepper as desired. Place small chunks of butter on top of salmon.

Place salmon in 450-degree F. oven on the upper third rack; bake for 8 minutes or beginning to brown on top.

While the salmon is baking, combine the shallots, dill, blue cheese, lemon juice and white wine in a medium bowl; mash with a fork to break up cheese. Stir in chopped peppadew peppers.

Remove the salmon from the oven and preheat the broiler. Set the rack 6 inches from the heat.

Place the salmon on a foil covered roasting pan. Spoon blue cheese mixture evenly over the salmon fillet; broil for about 10 minutes or until the salmon is golden brown on top and just cooked through. Transfer the salmon to a very large platter. Spoon kale slaw on serving platter with bread slices; garnish with lemon slices, peppadew peppers or dill sprigs. Serve hot.

Serves: 2 to 4

Recipe Inspired by: Andrew Zimmern, his comment – “With this super-flavorful dish, I debunk the myth that cheese and fish don’t go together.” His dish serves 6.

see video <https://andrewzimmern.com/2018/04/05/andrew-zimmern-cooks-broiled-salmon-blue-cheese/>

Cook’s Note: I halved the recipe to feed a smaller family and added a spicy touch and red color with mild peppadew peppers. I found that fresh kale salad was a perfect dish to serve with the fish since it is flavored with lemon juice.

About the Recipe: I always thought that you couldn’t use any strong flavored cheese with fish, but this recipe proves that this really isn’t true. The light crusty melting sauce coats the salmon with a delicious topping

that keeps the fish so moist and delicious. Serve with lemon flavored fresh kale salad and slices of your favorite bread for a fantastic entrée.

Italian Shredded Kale Slaw

The original recipe:

<https://www.gloriagoodtaste.com/wp-content/uploads/2014/01/Italian-Shredded-Kale-Slaw.pdf>

1-1/2 Tablespoons fresh lemon juice
2 Tbsp extra virgin olive oil
1/2 teaspoon Kosher salt
1/4 teaspoon ground black pepper
8 cups finely chopped fresh kale leaves
1/4 cup dried seedless currants
1/4 cup finely shredded Pecorino-Romano Parmesan Cheese

In a glass measuring cup, whisk together lemon juice, olive oil, salt, and ground black pepper.

Remove the thick stems and finely chop kale leaves.

Place 8 cups Kale in a large bowl. Pour oil mixture over finely chopped kale; toss to coat. Mix in dried seedless currants and Pecorino-Romano Parmesan cheese. Place in refrigerator for several hours or until serving.

Toss thoroughly before you serve. Add more cheese, currents, salt and pepper according to your taste.

TIP: If you have some leftovers, it weathers well in the refrigerator for the next day. It's great to serve with sandwiches.