



Go Green with Romanesco, Parsley, Dill, and Cabbage

Corned Beef Spiced Salmon with Cabbage and Romanesco Rice

Add corned beef pickling spice to celebrate March

- 1-1/2 pounds raw boneless salmon
- 1/4 cup minced parsley
- 1/4 cup minced dill
- 2 Tablespoons minced onion
- 1/2 teaspoon lemon rind
- 2 Tablespoons Irish whiskey
- 1/2 Tablespoon ground pickling spice
- 1 teaspoon salt
- 1 Tablespoon (each) granulated sugar; brown sugar
- 1 Tablespoon (each) canola oil; unsalted butter

Topping: Drizzle with Balsamic Vinegar as desired; garnish with chopped green onions and parsley

Serve with: Cabbage and Romanesco Rice

Place salmon skin side down on glass marinating container. In small bowl, stir parsley, dill, onion, lemon rind, whiskey, ground pickling spice, salt, granulated sugar, and brown sugar together. Spread onto the exposed surface of the salmon. Cover with plastic wrap; chill in refrigerator for about 16 hours. With damp cloth; wipe off marinating mixture.

To Prepare Salmon: In large nonstick skillet over medium heat, combine oil and butter. Place salmon, cured flesh side down into skillet; cook about 2 to 3 minutes to form light crust; flip over; cook about 5 minutes or cooked as desired. Do not overcook. Drizzle with vinegar, garnish with chopped green onions and parsley. Serve with Cabbage Romanesco Rice Side Dish.

Salmon Recipe Inspired by: Andrew Zimmern.com

Cabbage and Romanesco Rice

4 cups shredded coleslaw cabbage

1/4 cup melted butter

1/2 teaspoon salt

1/4 teaspoon black pepper

14-ounce Romanesco cauliflower, leaves; heavy stem removed

1/4 cup chopped (each) parsley, green onion; fresh dill

Season to taste with salt and black pepper.

Place cabbage, melted butter, salt and pepper in microwave safe medium size bowl. Cook covered in microwave on high power for 3 to 4 minutes until cabbage is soft. Remove from oven; stir; set aside to cool.

Wash cauliflower; separate florets; place in food processor; pulse process several times until chopped like rice. Stir to combine with cabbage mixture. Add chopped parsley, green onions, and fresh dill. Season with salt and black pepper to taste.

Yield: about 5 cups

Cook's Note: When cooking the salmon, watch the heat as it tends to burn because of the sweet ingredients added. If you want to prepare a smaller amount of fish, cut the recipe in half.

The cabbage dish is a great side dish to serve with any of your St. Pat's meals. If you don't have pickling spice, I added a from-scratch recipe you might want to try.

About the Recipe: Try an updated recipe to celebrate the Irish green month of March. Add a pickling spice to salmon and lightly pan fry for a corned beef-like crust. Serve it along with a side dish made from bright lime green Romanesco cauliflower, turned into bits of rice-like bits, and mixed with butter flavored soft cabbage. It's a delightful side dish for any Irish meal.

**From Scratch Recipe:
Homemade Pickling Spice**

1/2 Tablespoon whole allspice berries
1/2 Tablespoon whole black peppercorns
1/2 Tablespoon black mustard seeds
1/2 Tablespoon whole cloves
1/2 Tablespoon coriander seeds
1 teaspoon red pepper flakes or as desired
1 teaspoon ground ginger
1/2 teaspoon grated nutmeg
1 bay leaf, (dried and crumbled)
1/2 small cinnamon stick, smashed

If desired for a deeper flavor; warm first 5 ingredients in small skillet for several minutes. Let cool.

In a spice grinder, mix all ingredients until powder consistency. You will have about 1/4 cup. It can be used as a pickling spice for homemade corned beef or add to brine for extra flavor.

Yield: about 1/4 cup

Recipe Inspired by

<https://www.thespruceeats.com/what-is-pickling-spice-2215798>