



Spicy Crisp Salmon with Pickled Red Onion Salad

Add a seaweed look-alike herb sauce that's great for biscuit dipping

1 teaspoon olive oil
1/2 Tablespoon unsalted butter
1-1/2 lb. boneless salmon filet
1 teaspoon blackened seasoning
2 to 3 Tablespoons fresh orange juice
Fresh dill sprigs

In 12-inch skillet. Place oil and butter in pan; preheat pan to 375 degrees F., medium heat. Season salmon lightly with blackened seasoning to taste. When temperature is reached; place salmon in pan skin side up; cook for 7 minutes. Turn salmon over; cook for 7 minutes or reached desired doneness. Remove salmon to platter; drizzle orange juice over salmon. Garnish with fresh dill sprigs.

Warm Fresh Herb Sauce

1/3 cup fresh cilantro, coarse chop
1/3 cup fresh parsley, coarse chop
1/3 cup fresh dill, coarse chop
1/3 cup fresh green stem from green onions, chopped
1/4 to 1/3 cup vegetable broth

Place first four ingredients in small food processor to coarse chop; add about 1/4 to 1/3 cup vegetable broth; process to fine chop and create light green liquid. Add broth as needed. Place in small saucepan, cook over medium heat until warm; set aside.

Pickled Red Onion Salad

3 to 6 thin celery hearts with and without leaves, sliced into sticks
1 small head romaine lettuce, trim, chopped
1/4 cup golden raisins
2 oranges, peeled, segments removed
1 mini cucumber, cut lengthwise, sliced
1/4 cup red onion pickle juice or as desired (see attached recipe)
1/2 Tablespoon cocoa nibs
Pickled red onion rings as desired (see attached recipe)
Dill sprigs

Lightly toss celery sticks, lettuce, raisins, orange segments, and cucumbers with red onion pickle juice.

To Serve: Spoon some warm herb sauce with fine chopped greens over half of the bottom of serving platter; place fish over warm sauce. On other side of platter, arrange dressed salad ingredients, sprinkle with cocoa nibs. Arrange pickled red onions around salad and fish. Garnish with dill sprigs. Serve warm – Yield: Serves 4

About the Recipe: The bright spiced salmon is served on a warm herb sauce that looks almost like seaweed. It's surrounded by a crisp lightly pickled onion salad and dotted with sweet fresh orange segments. Plump golden raisins and a light sprinkle of cocoa nibs add a surprising sweet taste to the salad. The salmon dish has a wonderful blend of savory, spicy, and sweet seasonings and textures.

Pickled Red Onions (There are many variations for this recipe. This one was shared by a friend.)

1/2 large red onion, thinly sliced (use mandolin)

1/2 cup coconut or apple cider vinegar

1 Tablespoon granulated sugar

1/2 Tablespoon salt

1 cup hot water

Slice red onions very thinly with mandolin if possible. Place onions in medium sized bowl. Combine vinegar, sugar, salt, and hot water; stir to dissolve sugar and salt. Pour mixture over sliced onions. Make sure the onions are immersed in the pickling liquid. Let rest for about 1 to 2 hours; store in the refrigerator for up to three weeks.