

PANDEMIC PANTRY RECIPES ~ MARCH 5, 2021
THERE'S SOMETHING ABOUT SALMON

Gravlax

(serves a small army or up to 24, but you can cut back the recipe for a smaller amount)

2 salmon filets (2 to 3 pounds each with skin on)
¼ cup aquavit (vodka is a reasonable substitute)
1/3 cup kosher salt
1/3 cup granulated sugar
1 TBS black pepper
¼ cup chopped dill

Rinse the salmon and thoroughly pat dry. Pull out bones if the fishmonger has not done that for you. Drizzle the aquavit over the filets. In a small bowl, combine the dry ingredients. Divide these into 3 equal piles. Take one of the piles and divide in half. Sprinkle one of the halves into the shape of a filet on the bottom of a baking sheet. Lay a filet on top of it with skin side down. Take one of the larger piles of curing mixture and rub it on the filet. Take half the chopped dill and sprinkle over the filet. Repeat this process with the second filet and then make a sandwich with the second filet placing skin side up. Make sure the two filets sandwiched together are as even in depth. Sprinkle the other half of that little pile on top of the skin and rub it in. Cover with plastic.

Place a heavy cutting board or cast iron skillet on top of the filets. Place even more weight on the board of skillet. (bricks are great!). Place the salmon in the refrigerator for 12 hours. Remove and drain the oil and liquid off. Flip the filets, weight them again and place back into the refrigerator for another 12 hours.

Be sure to slice the fish as thinly as possible against the grain. Enjoy! Enjoy! Add it to brown bread or on a toasted bagel with herby cream cheese, honeycup mustard and cucumbers..or add to a pasta salad...the options are limitless and so tasty!

Corn and Salmon Chowder

(serves 6 as a main course)

3 TBS olive oil
1 bulb of fennel cut into ½ inch cubes
1 whole small leek, cut in small slices and rinsed of grit
4 cloves minced garlic
8 ounces unpeeled small red potatoes cut into 1 inch cubes
1 tsp kosher salt
1 ¼ teaspoons white pepper
1 bunch coarsely chopped scallions
1 ½ cups corn kernels
3 cups fish stock or chicken stock (vegetable stock is OK too)
1 cup heavy cream
2 pounds salmon filets. Skin and bones removed, cut into 2 inch pieces
Grated zest and juice of 1 lemon
¼ cup chopped fresh dill

Heat olive oil in a large, heavy saucepan or Dutch oven over medium heat. Add garlic and leek and cook for a few minutes. Then add fennel and potatoes, salt and white pepper and cook for about five minutes. Stir in scallions, corn, and stock. Bring up to a boil, reduce heat and cook until potatoes are tender (maybe ten minutes). Add cream, salmon, lemon juice and zest and simmer for about 4 minutes or until the salmon is cooked through. Add dill, adjust seasonings and enjoy!

Ginger & Dill Roasted Salmon Salad (serves 4)

1 ½ pound salmon filet skin on or off
Kosher salt and black pepper
6 TBS finely chopped dill
2 inch piece fresh ginger scrubbed and finely grated (no need to peel it)
2 TBS extra virgin olive oil
1 grapefruit
2 oranges
6 small radishes cut into thin wedges
1 avocado

Preheat oven to 325 degrees. Spray a baking sheet or line it with parchment. Pat salmon dry and season with salt and pepper. In a bowl stir in ginger olive oil and dill. Season with salt and pepper. Spread half of this mixture over the salmon. Bake for about 18 minutes or until the salmon flakes. While the salmon is cooking, cut the tops and bottoms off the oranges and grapefruit. Following the curve of the fruit with a sharp knife, take off the peel including the tart white pith. Squeeze any juice from the peels into the remaining dill mixture. Cut each fruit in half from top to bottom, then slice into ¼ inch thick half moons. Remove any seeds. Place the fruit, any juices, and radishes into the bowl. Season with salt and combine. Let salmon cool to handle then break it apart into large pieces and mix into citrus salad. Peel and pit avocado and cut into wedges. Add it to the salad. Place salad over a bed of greens or eat straight up with a drizzle more of oil and maybe a bit more salt.

Honey Miso Salmon (serves 2)

2 TBS white miso paste
2 TBS honey
1 TBS rice wine vinegar
2 teaspoons minced garlic
2 teaspoons finely grated ginger
Pepper to taste
8 ounces of salmon cut into 2 fillets...skin on
1 bunch of trimmed asparagus
1 large baby bok choy, halved lengthwise
Salt to taste
Olive oil to taste
Sesame seeds for garnish
Optional: brown rice

Preheat oven to 400 degrees. Line a sheet pan with parchment or spray. In a separate bowl add miso paste, honey, vinegar, garlic, ginger, pepper to taste. Mix well. Place

salmon on sheet pan and baste with the miso glaze. Toss the asparagus and boy choy (separately) in olive oil. On one side of the salmon, place the asparagus and on the other side the bok choy. Sprinkle with a little kosher salt. Place in oven for about 15 minutes.

Frozen Lemon Mousse with White Chocolate Drizzle, Fresh Raspberries, and Mint
(serves 6)

2 TBS milk
1 TBS grated lemon rind
1 TBS grated lime rind
2/3 cup granulated sugar
3 eggs separated
1 ½ tsp lemon juice
1 ½ tsp lime juice
½ tsp lemon extract
¼ tsp almond extract
1 cup heavy cream
½ cup white chocolate chips
¼ cup heavy cream
1 pint fresh raspberries
Sprigs of fresh mint to garnish

Scald the milk and add the rinds. Let sit for about five minutes then strain. Toss out the zest. Place the milk/citrus essence in a medium bowl. Over medium heat in a double boiler, add the egg yolks and sugar. Beat until it begins to make ribbons and turns a light yellow. Add to milk mixture and let cool slightly. Add the juices and extracts and mix well. Whip the egg whites until stiff but not dry. Gently fold into the cooled yolk mixture. Whip heavy cream mixture to soft peaks and gently fold into the rest of the mousse. Line separate ramekins, or a cake pan, or a bowl with plastic wrap. Pour in the mousse. Cover and freeze overnight.

Before serving, heat up white chocolate and cream. Whisk until it melts then cool a bit. Add raspberries to each portion of mouse and drizzle white chocolate sauce over then. Add a sprig of mint. YUM!