

THE SHORES

DINE ON THE BEACH

Skillet Roasted Natural Salmon

Vermont Cheddar Mash, Green Beans, Herb Tomatoes, Citrus Hollandaise

serves six

Vermont Cheddar Mash

2 lb. Yukon Gold potatoes, peeled, washed and quartered
1/2 cup sour cream
1 stick unsalted butter, diced
1/2 cup Vermont sharp cheddar cheese, shredded
1/4 cup parsley leaves, chopped
** sea salt and black pepper

In a kettle, cover potatoes with salted cold water by 2 inches. Boil until tender, about 30 minutes. Strain potatoes in colander. Mash potato with potato masher. Add remaining ingredients. Season to taste.

Green Beans

1 1/2 lbs. blue lake green beans
2 Tbsp. unsalted butter
1 Tbsp. shallots, chopped
1/4 cup sliced almonds, toasted

In large sauce pan bring 3 quarts water to boil. Season with sea salt. Snap off both ends of green beans. Cook in boiling water 2 minutes or until al dente (slightly crunchy). Remove green beans from boiling water to an ice bath. Cool. Drain. In a sauté pan, melt butter. Add shallots. Cook without browning for 2 minutes. Add green beans. Season with salt and pepper. Cook for 2 minutes. Sprinkle toasted almonds on top of beans.

Herb Tomatoes

6 medium heirloom tomatoes, cut in half
2 Tbsp. olive oil
2 cloves garlic, crushed
1 Tbsp. basil, chopped
1 tsp. thyme, chopped
** sea salt and freshly ground black pepper

Preheat oven to 375°F. Place tomatoes bottom side down in a oven proof baking dish. Combine olive oil, garlic, basil, and thyme in mixing bowl. Spoon marinade over tomatoes. Let sit for 30 minutes. Place in oven. Bake for 15 minutes or until soft.

Citrus Hollandaise

4 egg yolks
2 Tbsp. water
1 Tbsp. lemon juice
1 tangerine, juiced and zested
1/3 cup olive oil
** sea salt and freshly ground black pepper

Combine egg yolks, water, lemon juice, tangerine juice and zest in stainless steel bowl. Whisk over double boiler until light and fluffy. Remove from heat. Slowly whisk in olive oil. Season to taste with sea salt and freshly ground black pepper.

The Salmon

6-7 oz. natural salmon filets, skin on, cut crosswise
1/4 cup grapeseed oil
** sea salt and freshly ground black pepper

Season salmon filet with salt and pepper. Over medium high heat, pour grapeseed oil into hot iron skillet. Sear flesh side first until golden brown, approximately 2 minutes. Flip over. Cook on skin side down for another 3 minutes or until salmon is cooked to medium. Place salmon on a platter lined with paper towel to remove excess oil.

Presentation

6 thyme sprigs
6 Italian parsley sprigs
6 lemon crowns

Place salmon steak in the center of a warm serving plate. Place green beans, herb tomatoes and Vermont Cheddar mash beside salmon. Spoon citrus hollandaise on top of salmon. Garnish with thyme sprig, parsley and lemon crown.