

Pan Seared Canadian Salmon *with avocado, mango, cucumber, local heirloom tomatoes and fresh herb vinaigrette*



INGREDIENTS

For the Salmon:

1 tsp olive oil
6 oz Canadian salmon fillet,
skin and bone removed
Salt and pepper to taste

For the Salad:

1 each avocado, seeded
and diced
1 each mango, peeled,
seeded and diced
1 cup English cucumber,
small diced
1 cup heirloom tomatoes,
small diced
1 tsp fresh chopped basil
Micro greens or baby lettuce
for garnish
Salt, pepper, and olive oil
as needed
Basil vinaigrette (recipe follows)
3 inch ring mold, 4 inches tall

For the Basil Vinaigrette:

1 cup mixed, stemmed fresh
herbs—basil (cilantro, or parsley
could also be added)
8 oz corn or salad oil
2 oz champagne or white
wine vinegar
2 tsp granulated onion
powder
½ tsp granulated garlic
powder
½ clove fresh garlic, crushed
and minced
¾ tsp kosher salt
½ tsp ground black pepper
1 tsp coriander, ground
2 tsp whole grain mustard
2 Tbsp honey

DIRECTIONS

For the Salmon:

Set a medium non stick sauté pan over medium high heat. When the pan is hot, add the oil. Season the salmon with salt and pepper and add to the skillet, skin side up. Cook until golden brown and crisp on the bottom, about 4-6 minutes. Turn the salmon, lower the heat to moderate and seared until just cooked through. Reserve.

For the Salad:

Season the diced avocado with salt and pepper. Season the cucumber with salt, pepper, a splash of olive oil, a splash of red wine vinegar and ½ tsp of sugar. Season the tomato with salt, pepper, 1 tsp fresh basil and 1 tsp olive oil.

Put the ring mold in the middle of the plate you want to use for service. Put a ½ the avocado in the bottom of the mold and tamp to make an even layer. Next do the same with the mango. Add the cucumber and then the tomatoes. Tamp the stack down firmly so it will stay together when you remove the mold. Flake the salmon into large pieces and add to the top of the stack. Use your tamping tool and pull up on the ring mold, carefully removing it from the stack. Garnish the top of the salad with micro greens. Drizzle the herb vinaigrette around the stack.

For the Basil Vinaigrette:

Chop herbs in a food processor or blender and drizzle in salad oil with machine running. Add remaining ingredients and process well. Taste for balance, salt and pepper. Adjust. Yield: Approximately 1-1/2 cups. (This is more dressing than you need for this recipe.)

specialty of:
Executive Chef Dwight Hawkins

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