



Partnering for a healthy community



Lemon- Dill Beurre Blanc Seared Salmon over Vegetable Nest

Ingredients:

- ½ cup dry white wine (like Chardonnay or Sauvignon Blanc)
- ½ large shallot, finely diced
- 2 oz. cold unsalted butter, cut into small cubes
- 1 Tbs. chopped fresh dill
- 1 tsp. finely grated lemon zest
- 1 tsp. fresh lemon juice, more to taste
- Pinch of crushed red pepper flakes
- Kosher salt and freshly ground black pepper
- 1 4oz- 6oz Salmon fillet
- ½ tbsp fresh parsley, chopped
- ½ carrots
- ½ zucchini
- ½ yellow squash
- 1 asparagus spear
- ½ tbsp olive oil (Split for vegetables & searing salmon)

Equipment:

Julienne Peeler – Small Sauce pan – Whisk – Small sauté pan – Cast iron skillet or additional non-stick sauté pan – Cutting board – Chopping Knife – Oven safe baking dish – Zester

Instructions:

1. Using your julienne peeler. Peel strands of each vegetable. Transfer to a large bowl, toss with olive oil and season with salt and pepper. Set aside.
2. Season salmon with salt and pepper on both sides. Heat olive oil in a large skillet, sear fish top side down, until golden brown, flip and then place in a 350F (175C) oven for 8-10 mins.
3. Take vegetable ribbons and lightly sauté in a separate for about 1-2 minutes to make them warm. (Leave them al dente, do not overcook)
4. Cook the wine and shallot in a small saucepan over high heat, stirring occasionally, until the wine almost evaporates and looks glazy, 3 to 5 minutes.
- 5.

Remove the pan from the heat and whisk in the butter a couple of cubes at a time until melted and the sauce is thick and creamy; briefly return the pan to low heat if the butter is slow to melt.

Off the heat, stir in the dill, lemon zest, lemon juice, red pepper flakes, 1/2 tsp. salt, and several grinds of pepper. Season to taste with more lemon juice, salt, and pepper.

1. Place fish on veggie ribbons and spoon sauce over the fish. Garnish with freshly chopped parsley.



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Instructions (cont.):

7. Add butter to the pan. Turn the scallops over and cook the second side. Use a spoon to baste the scallops with the butter, tilting the pan to collect the butter as needed.
8. When the scallops are opaque in color and firm to the touch, about 1 to 2 minutes, turn off heat and transfer to a plate, do not discard pan. Turn on beans and chicken stock to low heat.
9. In the same pan used for cooking the scallops turn heat to medium. Add garlic and cook for 1 minute, until fragrant but not browned.
10. Increase heat to medium-high and add wine. Simmer wine, stirring as needed until the wine is reduced by half, about 1-2 minutes.
11. Turn heat to high and add the chicken stock, lemon zest, lemon juice and capers to the pan. Cook until sauce is reduced by half, about ½ cup, 3 to 6 minutes. Turn off heat and whisk in Dijon mustard.
12. Turn heat to medium and add scallops back to pan, cook until warm, 2 minutes. Taste sauce and season with salt and pepper as needed.
13. Add beans and stock to blender and puree. Place puree on plate and top w/ scallops and sauce. Garnish scallops with chopped dill, chives and serve immediately with lemon wedges.