

Slow Roasted Wild Salmon with -caramelized endive & almond-garlic picatta

a *barton seaver*
recipe brought to you by:

BLUE OCEAN INSTITUTE
Inspiration, Information, Action

ingredients:

- ___ 4 pieces of wild salmon, skin on and pin bones removed, 5oz. ea
- ___ 3 T of extra virgin olive oil
- ___ 4 heads of white Belgium endive, sliced in half from top to bottom, remove any brown edge from core
- ___ 1/2 cup of blanched almonds, toasted until golden brown
- ___ 2 cloves of garlic, finely chopped finely minced
- ___ 2 T of parsley, chopped finely
- ___ sea salt

Purchasing factors within this dish:

-  **Alaska Salmon** consists of 5 species including King/Chinook, Pink, Chum, Sockeye and Coho Salmon. With good management and fairly healthy habitat, Alaska Salmon remain abundant and receives a green ranking.
-  **Pacific Salmon** receives a yellow ranking because management of U.S. West Coast salmon is comprehensive and catches are monitored to protect weak populations, but overall population abundance remains well below historical levels.
-  **Atlantic Salmon (farmed)** receives a red ranking because there are high environmental costs in farming such as water pollution, disease, and high wild fish content in feed. All Atlantic Salmon sold in the U.S. is farmed. [These fish contain levels of mercury or PCBs that may pose a health risk to adults and children. Refer to <http://www.edf.org/seafood> for more details.]

directions:

Preheat oven to 225 degrees. Brush salmon fillets with oil and season generously with salt and pepper. Place salmon fillets skin side down a baking dish. Slowly roast in oven until medium doneness, **about 25 minutes.**

Heat oil in a cast iron pan on high heat. Place endive **cut side down** and cook until lightly golden brown. Add **1/2 cup of water** and reduce heat to a low simmer. Season with salt and cook until all water is evaporated, about 10 minutes.

For the piccata:

In a mortar and pestle, crush almonds with garlic until they are in small pieces about the size of grains of rice. Stir in oil and parsley. Season with sea salt.

Serving:

Remove salmon from oven. Gently turn over. Skin should peel off very easily. Discard. Place two pieces of caramelized endive on each plate. Place one piece of salmon on top of endive and spoon almond garlic piccata over salmon fillet. Serve with an arugula salad dressed with shallots, balsamic and extra virgin olive oil.

serves four.

Be sure to ask your fishmonger where the fish came from and how it was caught to determine if it's the ocean-friendly seafood you're looking for.