

Sockeye Salmon with -raisin herb salad, cauliflower purée


a *barton seaver*
recipe brought to you by:

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ingredients:

- ___ 1/2 head of cauliflower
- ___ 1 cup Greek yogurt, or labne
- ___ 2 T golden raisins
- ___ 1 T white wine vinegar
- ___ 1 small red onion, sliced very thin into rounds
- ___ 1 bunch of mint, leaves picked
- ___ 1 bunch flat leaf parsley, leaves picked
- ___ 1 T of olive oil
- ___ 4 ea. 5 oz. fillets of Alaskan Sockeye Salmon, skin on, boneless

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.

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.

directions:

For cauliflower purée:

Cut cauliflower into even pieces, about the size of a half dollar. Put in a small saucepan and cover with cold water, and season with salt. Bring to a boil, and continue to cook until cauliflower is very soft. Strain, and **reserve 1/2 cup of cooking liquid**. Place warm cauliflower in blender with yogurt, purée until smooth, adding reserved cooking liquid if necessary.

For herb salad:

Heat vinegar with 2 T water and pour over raisins. Mix well to separate all of the raisins and **let sit for 10 minutes** so that the raisins plump. Mix all of the herbs with the onions and raisins and any remaining liquid from the raisins. Add olive oil, and season with salt.

For salmon:

Preheat an oven to **200 degrees**. Place a small hotel pan of water on the very bottom level and fill with water. **Lightly rub the salmon fillets** with olive oil and season generously with salt. Place the salmon on a sheet tray with the skin side down and place in the oven on the rack directly above the water. **The fillets will take about 15 minutes to cook**. Gently lift the fillets off of the skin and place on warm serving plates.

Spoon a bit of cauliflower purée to the side of the salmon and place a generous portion of the herb salad between the fish and the cauliflower. Evenly divide the raisins from the bottom of the bowl and sprinkle around the plate. Serve with a salad of arugula lightly dressed with olive oil and lemon juice.

serves four.