

Grilled salmon with asparagus salad, BBO, pine nut & pickled parsley root.

Asparagus Puree

Yield : 2qt

Ingredients:

725g Asparagus, green
200g Chicken stock
100g Shallot, rough chopped
100g Spinach leaves
85g Oil, grapeseed
4g salt
3ea Kinome steams
3ea Lemon squeezer
Xanthan
Ultratex 8

Method:

Sweat shallots and asparagus in a pan over medium heat with 10g of grapeseed oil. When shallots become translucent, add chicken stock and kinome leaves and simmer until asparagus is tender. Strain liquid and add asparagus mixture to the vita prep blender with spinach and puree on high adding small amounts of crushed ice. Thicken with ultratex and stabilize with xanthan gum. Season with salt and lemon squeezers.

Salmon BBO Rub

Yield : 1qt

Ingredients:

255g Brown sugar, lite
105g Salt
90g Paprika
90g Coriander, whole
60g White peppercorns
60g Paprika, smoked
48g Arbol chili, whole
45g Shallot, dry
30g Allspice, whole
18g Cumin seed, whole
18g Malto dextrose
18g Garlic, granules dry

LOCKWOOD

RESTAURANT & BAR

12g Fennel seed, whole
9g Turmeric, dry

Method:

Grind all the whole spices in the spice grinder until fine grain. Mix with all the powdered spices and malto dextrose.

Pickled Parsley Root Liquid

Yield : 4qt

Ingredients:

3qt Red wine vinegar
1qt Water
1/2qt Sugar
30ea Coriander seeds, whole
10ea Black peppercorn, whole
5ea Cardamom, green whole
3ea Arbol chili, whole
3sec ... pour of salt

Method:

Bring all the above to a simmer and steep for 10 minutes, strain and reserve liquid.

Assemble: lightly oil and salt to taste a 6oz piece of salmon fillet. Grill lightly on both sides until clear grill lines are seen (looking for MR / R temperature). Dust the top of the salmon with the bbq spice and finish in the broiler until golden. For the salad, take one bunch of asparagus and make thin strips with a vegetable peeler, combine with frisee and pickled parsley root lightly dressed with extra virgin olive oil and salt.

To finish plate, take one spoon of warm asparagus puree, swirl a line on the plate. Place salmon at the edge of the swirl and salad on top the swirl / fish. Garnish with toasted pine nuts and extra virgin olive oil.