



BRISTOL BAY
SOCKEYE SALMON

SOCKEYE, FENNEL AND TOMATO SALAD

No need to thaw - this pan-seared salmon salad starts with frozen fillets and topped with a simple Dijon vinaigrette to bring out the true flavors of Bristol Bay Sockeye Salmon.

SERVINGS: 4

COOK TIME: 30 MINS.

Ingredients:

4 sockeye salmon steaks or fillets (4-6 ounces each), fresh, thawed or frozen

7 tablespoons olive oil, divided

1 cup frozen broad beans or edamame

3 tablespoons red wine vinegar

1 teaspoon Dijon mustard

1 large fennel bulb, trimmed and very thinly sliced

4 large tomatoes, cut in wedges or slices

1/4 cup capers

Salt and black pepper, to taste

2 fresh dill sprigs

Directions:

- 1** Rinse any ice glaze from frozen salmon under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of salmon with 1 tablespoon oil. Place salmon in heated skillet and cook, uncovered, about 3-4 minutes, until browned. Shake pan occasionally to keep fish from sticking.
- 2** Turn salmon over; cover pan tightly and reduce heat to medium. Cook an additional 6-8 minutes for frozen salmon or 3-4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout. Remove from skillet and cool.
- 3** Meanwhile, cook the broad beans in boiling, lightly salted water for 3-4 minutes. Rinse with cold water, then shell the beans, removing their thick outer coating to reveal the bright, tender green beans.
- 4** In a large bowl, mix the remaining olive oil with the vinegar and mustard. Season with a pinch of salt and black pepper. Add the fennel, tomatoes, beans and capers.
- 5** Break salmon into large chunks (removing skin, if any); add to the salad, tossing gently to mix. Divide among four serving plates, spooning any remaining dressing over salad. Snip fresh dill over the top before serving.

Cook's tip: Use fresh broad beans when they are in season, or try frozen edamame beans as an alternative.

Find more delicious wild sockeye salmon recipes at
www.bristolbaysockeye.org.