

SEARED SALMON STEAK STUFFED WITH DUNGENESS CRAB

FROM CHEF KIM CANTEENWALLA ~ HONEY SALT

INGREDIENTS:

SERVES 4 AS A MAIN COURSE

- 4 FARMED ATLANTIC SALMON STEAKS - 1" CUT, SKIN ON
- FRESH THYME SPRIGS
- BABY ARUGULA - FOR GARNISH

DUNGENESS CRAB FILLING

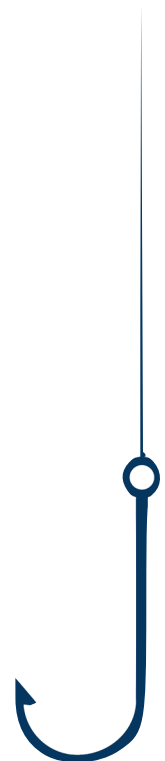
- 8 OZ DUNGENESS CRAB
- 1 OZ MAYONNAISE (OPTIONAL)
- ¼ CUP FENNEL, SMALL DICE
- ¼ CUP SCALLIONS, SMALL DICE
- SALT + PEPPER, TO TASTE

VOUDAVAN CURRY BROWN BUTTER

- 1 TBS BUTTER
- 1 TSP SHALLOTS, MINCED
- JUICE OF ½ LEMON
- 1 PINCH VOUDAVAN CURRY (OPTIONAL)

LEMON VINAIGRETTE + BLISTERED TOMATOES

- ¼ CUP EXTRA VIRGIN OLIVE OIL
- 3 TBS FRESH LEMON JUICE
- 1 TBS SHALLOTS, MINCED FINE
- LEMON ZEST, TO TASTE
- SALT + PEPPER, TO TASTE
- HANDFUL OF CHERRY TOMATOES



CHEFSAFIELD.COM

SEARED SALMON STEAK STUFFED WITH DUNGENESS CRAB

FROM CHEF KIM CANTEENWALLA ~ HONEY SALT

METHOD

- o MIX CRAB, MAYONNAISE (OPTIONAL), FENNEL, SCALLIONS, SALT & PEPPER IN MIXING BOWL. COVER AND REFRIGERATE UNTIL USE.
- o MAKE SURE TO HAVE SALMON STEAK PINBONED BUT SPINE LEFT IN BEFORE STUFFING WITH CRAB FILLING. STUFF CENTER OF SALMON WITH ABOUT 2 OZ OF FILLING. TIE OUTSIDE WITH BUTCHERS TWINE AND LET REST/ COVERED WITH PLASTIC IN REFRIGERATOR AT LEAST ONE HOUR BEFORE SEARING.
- o PREHEAT OVEN TO 450F. HEAT SAUTE PAN OVER MEDIUM-HIGH FOR 3 MINUTES.
- o IN A HOT SAUTE PAN, ADD OIL AND SEAR SALMON STEAK. ABOUT 2-3 MINUTES, CHECK FOR CARAMELIZED COLOR, THEN TURN OVER. ADD FRESH THYME AND TRANSFER TO OVEN. COOK TO DESIRED TEMPERATURE. ABOUT 4 MINUTES FOR MEDIUM.
- o KEEP PAN TO MAKE VADOUVAN BROWN BUTTER; ADD SHALLOTS, PINCH OF CURRY, AND SAUTE FOR 1 MINUTE. ADD LEMON JUICE AND FINISH WITH CHIVE. TASTE AND SEASON. RESERVE FOR PLATING.
- o LET SALMON REST FOR 3-4 MINUTES. FOR LEMON VINAIGRETTE (THIS CAN BE MADE AHEAD OF TIME);
- o MIX LEMON JUICE, SHALLOTS, AND ZEST IN BOWL. WHISK VIGOROUSLY WHILE SLOWLY ADDING OLIVE OIL. TASTE AND ADJUST WITH SALT & PEPPER AS NEEDED.
- o FOR BLISTERED TOMATOES, MIX TOMATOES IN BOWL WITH EVOO AND SEASON WITH SALT & PEPPER. ROAST IN OVEN AT 450F FOR 8-10 MINUTES OR UNTIL SKIN BEGINS TO BLISTER. LET COOL TO ROOM TEMPERATURE.
- o IN MEDIUM BOWL, MIX ARUGULA (VERY LIGHTLY DRESSED) WITH OLIVE OIL, LEMON VINAIGRETTE, BLISTERED TOMATOES, AND SALT & PEPPER. PLATE SALMON AND SPREAD TOMATO ARUGULA SALAD EVENLY AROUND PLATE. FINISH WITH BROWN BUTTER PAN SAUCE.
- o ENJOY.

