

Pan-roasted Salmon Filets with Tomato-Herb Vinaigrette

Recipe courtesy of Susan Brooking, Culinary Educator

2 T. all-purpose flour
1/2 t. salt
1/4 t. pepper, or to taste
1 lb. salmon filet or thick steak
1 T. grapeseed oil

1. Heat oven to 425°.
2. Combine the first three ingredients. Dry surface of salmon and dredge in flour mixture to lightly coat both sides.
3. Preheat sauté pan over medium-high heat and add oil. When oil is hot, carefully place salmon serving side down in pan and sear 4-6 minutes or until golden.
4. Turn fish carefully and place skillet into the preheated 425° F oven to complete the cooking, 4-6 minutes.

Vinaigrette:

(Makes 1 cup)
1 head garlic
2 shallots
2 tomatoes, seeded and chopped
3 T. wine vinegar
1 bunch fresh basil
2/3 c. extra virgin olive oil
salt and pepper to taste

1. Break apart the head of garlic, but do not peel cloves. Cut the shallots in half, but do not peel. Place both in a garlic roaster or aluminum foil. Drizzle with olive oil and season with salt and pepper. Cover or enclose and bake in a 425° oven for 30 minutes. Put through a ricer or garlic press or squeeze to get all the pulp.
2. Preheat sauté pan, add 1 tablespoon olive oil. Add the tomatoes and sauté over medium heat until liquid has evaporated, about 15 minutes. Put through a ricer or strainer, pressing to retrieve all the pulp.
3. Mix garlic/shallot and tomato purees with the vinegar. Chop ¼ cup basil leaves reserving the remainder for garnish. Add the chopped basil to the mixture. Season with salt and pepper to taste. Whisk in the olive oil slowly until the desired texture is achieved. You may not use all the olive oil. Serves 2.

Calories: 375; Fat: 18g; Protein: 48g; Carbohydrates: 15g; Chol: 118mg; Dietary fiber: 2g; Sodium: 324mg