

Chuck and Augie's Mediterranean Salmon

To make the Roasted Tomato Dressing

- 1 tablespoon extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1/2 teaspoon fresh tarragon, chopped
- 1/2 teaspoon fresh oregano, chopped
- 1/2 teaspoon fresh thyme, chopped
- 1/4 teaspoon garlic, chopped
- Pinch of salt
- 1/2 teaspoon whole grain mustard
- 1 medium tomato, cut into 8 pieces

Combine the first eight ingredients in a mixing bowl to make a sauce. Toss tomato pieces in sauce and transfer to a roasting pan. Roast tomatoes for 10 minutes at 350 degrees. Strain tomatoes immediately – reserving the strained liquid – and place in fridge to cool. The strained liquid is your dressing.

To make the Lime Curd

- Juice of 1 lime
- 1 egg
- 3 tablespoons granulated sugar
- 1 tsp agar agar or cornstarch
- 3 tablespoons cold cubed butter

Combine the first four ingredients in a saucepan. Slowly bring to a boil so as not to cook the egg. Boil and whisk for 1 minute. Transfer to a blender and process at low speed, incorporating the cold butter cubes 2 at a time until combined. Strain through a fine mesh strainer and chill.



To make the salmon and assemble the dish

- 2.5 ounce salmon filet
- 1 tablespoon of olive oil
- 2 tablespoons whole grain mustard
- 2 ounces tomato vinaigrette
- 2 ounces cucumber, thinly sliced horizontally
- 2 ounces red onion, thinly sliced
- 2 ounces arugula
- 2 ounces chickpeas
- 1/4 cup feta cheese, crumbled
- 1/2 avocado, diced
- 1 ounce Lime Curd

Preheat the oven to 475 degrees.

Pat the salmon dry and season it lightly with salt and pepper. Set salmon aside, heat the oil in a frying pan. When the pan is hot, turn the burner down to medium-high. Gently place the salmon in the pan skin-side-down and cook for 3 to 4 minutes.

While the salmon is cooking, start to plate the first half of the salad by placing 2 roasted tomatoes in the middle of the plate. Place 2 more roasted tomatoes on either side of the tomatoes in the middle leaving a space. In that space you are going to place the cucumber ribbons.

To achieve the ribbon effect lay the horizontal cucumber slices down on the cutting board and gently take one end folding it past the other end then back again, folding it into thirds. Turn the cucumber ribbons on their sides and place on the plate in the open space between the tomatoes.

Check on the salmon; if it needs to be cooked longer on that side then continue to cook. If not then flip the salmon and place in the preheated oven for 4 to 5 minutes depending on thickness of the salmon. You want to achieve an internal temperature of 145 degrees Fahrenheit.

For the rest of the salad, mix together the arugula, red onion, chickpeas, and avocado, and toss with the Roasted Tomato Dressing. Place the mixture directly between the cucumber ribbons and sprinkle with the feta. Finish the plating by placing 10 dots of the lime curd around the salad.

When the salmon is cooked evenly, turn the oven to broil. Spread the whole grain mustard evenly on the top of the salmon and place the salmon in the broiler for about 1 minute. Remove from the oven, place the salmon directly over the arugula mix, and serve.