

## Chef from the Hood Recipes



**Chef:**

Chris Kirby, Meat Department Manager

**Restaurant:**

What's Cooking at Fiesta & Pacific Markets

**Recipe:**

North Coast Wild King Salmon!

### **North Coast Wild King Salmon served with shaved fennel & a tomato & red pepper coulis!**

"Just off the Sonoma Coast swims the King Salmon, a very versatile fish that we love cooking with here at Pacific Market. Steaming this fish results in a taste that's very clean, almost sweet to the palate. The coulis we are pairing with the salmon in our recipe today is made of just vegetables with good olive oil, and no added fat or stock. Fennel is a classic accompaniment to salmon. We sauté the fennel briefly, so when it's added to the coulis, it's still a bit crunchy. The whole dish works well together, and with no cream or butter added, it's a healthy dish as well! Enjoy! Recipe serves 4."

**For the Coulis:**

3 tablespoons olive oil (Brando's)

- 1 white onion, coarsely chopped
- 2 small red bell peppers,  
seeded, cored and chopped
- 5 cloves garlic
- 3 fresh ripe tomatoes, chopped
- 1/8 tsp cayenne pepper
- 1 teaspoon sea salt & a pinch pepper

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1/3 cup water

- 2 fresh fennel bulbs, trimmed
- salt to sprinkle over fennel
- 2 tablespoons olive oil (DaVero)
- 1/4 cup white wine (Pacific Palate or see Kristi's suggestions below!)
- sea salt (Sea Star) & pepper
- 4 wild King Salmon filets, 5 to 6  
ounces each with skin removed
- 2 tablespoons fresh chopped parsley
- or whole sprigs of fennel (garnish)

**Preparation:**

In a large saucepan, warm olive oil and add onion, bell peppers and garlic. Sauté until golden brown, about 10 minutes. Add the tomatoes, cayenne, salt, pepper and the water and bring to a boil. Reduce heat to medium, cover and simmer gently for about 45 minutes until slightly thickened. In small batches, transfer the mixture to a blender or a food processor and puree until smooth, about 2 minutes. Taste the coulis, adding salt & pepper if needed. Keep reserved in a warm place while you make the rest of the dish.

Remove and discard any bruised outer leaves from fennel bulbs, and cut off the stalks and leafy parts. Slice the fennel bulbs crosswise, as thinly as possible. Place fennel slices in a strainer or colander and sprinkle with a little salt. Toss gently and allow to stand for 30 minutes to drain off any moisture drawn out by the salt. Rinse fennel slices under cold water and dry thoroughly.

Warm 2 tablespoons olive oil in a sauce pan over moderate heat. Add sliced fennel and sauté for about 3 - 5 minutes until just tender. Add the wine and simmer for about 2 minutes. Add the warm coulis and toss gently together with the fennel. Taste and adjust seasoning.

Remove from heat but keep warm. Warm four dinner plates. Place salmon fillets on a steamer rack over gently boiling water. Cover and steam just until the salmon is firm, pale pink and opaque throughout when flaked with a fork (about 5 minutes).

**To plate:**

Place a salmon filet in the center of each warm plate and divide coulis equally over each. Sprinkle each dish with chopped parsley or garnish with a sprig of fennel.

Serve immediately!