

## Chef from the Hood Recipes



**Chef:**

Tim Vallery

**Restaurant:**

Santa Rosa Golf & Country Club

**Recipe:**

Wild Sonoma Coast Salmon with Sautéed Spinach, Caper & Sundried Tomato Relish!

**Ingredients:**

ten filets wild Sonoma Coast salmon (7 ounces each)  
Kosher salt & fresh ground black pepper (to taste)  
olive oil (to sear fish & sauté spinach)  
1 pound loose leaf spinach (washed & blanched)  
chopped garlic & shallots (to taste)  
Prep the following ingredients for relish:)  
1 1/2 cups oil-packed sundried tomatoes ) (drain reserving oil, then dice finely)  
1/2 cup non-pariel capers (drained, rough chopped)  
1/2 cup of finely diced red onion)  
1/4 cup of peeled, finely diced cucumber)  
1 tablespoon of EACH of these chopped fresh herbs: )  
dill, thyme & flat leaf parsley )  
1 1/2 teaspoons chopped fresh garlic)  
1 teaspoon Kosher salt)  
1/2 teaspoon fresh ground black pepper)  
1 cup Champagne vinegar)  
1/8 cup (1 ounce) oil (reserved from sundried tomatoes))  
1/2 cup premium olive oil)

.. Tim Vallery is a strong believer in cooking with foods as  
.. they come into season. There is no better time to put this  
.. idea into practice then right now, when local salmon  
.. makes its annual appearance! This recipe will feed a  
.. crowd of ten; if you are cooking for less people, just cook  
.. less fish and toss any leftover relish into cooked pasta  
.. and diced chicken for a salad the next day. Delicious!

.. Preheat oven to 375°. Blanch spinach, drain & set aside.  
.. Season salmon with salt & pepper. Sear each filet in a  
.. hot sauté pan with a little olive oil. Place seared filets on  
.. a sheet tray and place in oven to finish cooking (cook to  
.. medium or your preference). Sauté spinach with garlic  
.. and shallots in a little olive oil. Set aside. Assemble  
.. relish: Combine tomatoes, capers, red onion, cucumbers,  
.. dill & garlic in a mixing bowl. Add remaining ingredients  
.. and toss well. Season with salt & pepper. Assemble each  
.. plate: spinach then salmon on top, then a large spoonful  
.. of relish over all. Enjoy!