

Sauteéd Salmon with Ginger-Scented Roasted Carrot Coulis and Baby Bok Choy



Ginger-Scented Roasted Carrot Coulis

1 tablespoon olive oil
4 carrots, peeled and diced
4 tablespoons of ginger, minced
1 1/2 quarts of chicken or fish stock

Baby Bok Choy

10 bunches baby bok choy, washed
1 tablespoon butter
1/2 teaspoon chopped garlic
freshly ground black pepper

Salmon

4 salmon fillets
1 tablespoon olive oil
1 lemon, sliced into 8 rounds
1 leek, green leaves cut into 1/8-inch strips, blanched
in hot water to wilt

Serves 4.

In a saucepan add olive oil, carrots and ginger. Sauté until lightly browned. Add stock and cook for 45 minutes or until carrots are very soft. Puree mixture with a stick blender, strain through a sieve and reserve.

Lay two slices of lemon on each salmon fillet and tie with leek green. Season the salmon with salt and pepper.

Heat a sauté pan with olive oil until the pan is smoking and sauté the salmon until brown on each side.

Sauté baby bok choy in a hot pan with the garlic and butter until wilted. Place the salmon on a mound of the bok choy and spoon the puree sauce around the fish.

Recipe by Gerard Viverito, Director of Culinary Education, Passionfish (www.passionfish.org)

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