



salmon & PINEAPPLE SALSA

HOW-TO COOK SALMON

Heat olive oil in pan over medium heat. Once pan is hot, place skinless salmon in pan and sear on each side for 3-5 minutes, until golden. Finish in oven for approximately 3 minutes, or until desired finish.

PICKLED RED ONIONS RECIPE

- 1/3 CUP WATER
- 2/3 CUP RED WINE VINAIGRETTE
 - 1 TBSP SUGAR
 - 1/2 TSP SALT
- 1 MEDIUM RED ONION

Combine the first four ingredients in a small sauce pot and bring to a boil. Immediately remove from heat and cool to room temperature. Slice red onion and place in pickling liquid. Refrigerate for 6 hours, up to 24. Drain liquid from onions.

PINEAPPLE VINAIGRETTE RECIPE

- 1 1/2 CUP PINEAPPLE JUICE
- 1/4 CUP WHITE WINE VINEGAR
 - 1 TSP DIJON MUSTARD
 - 1/2 CUP OLIVE OIL
 - 1/2 TSP SALT

Combine pineapple juice, white wine vinegar, and dijon mustard in blender. Blend on low and slowly add olive oil in a steady stream until vinaigrette is emulsified. Finish with salt to taste.

INGREDIENTS

- (4) 4OZ PIECES OF FRESH SALMON
- 1 TABLESPOON OLIVE OIL
- PICKLED RED ONIONS (recipe below)
- PINEAPPLE VINAIGRETTE (recipe below)
- PINEAPPLE SALSA (recipe below)
- CUCUMBER RIBBONS (recipe below)

TO MAKE CUCUMBER RIBBONS

Using a potato peeler, peel cucumber lengthwise to create thin slices. Place cucumber slides in a bowl and lightly drizzle with pineapple vinaigrette to soften.

PINEAPPLE SALSA RECIPE

- 1 CUP DICED PINEAPPLE
- 1 SMALL FRESNO CHILI, SEEDED & DICED
- 1 TBSP RED ONION, FINELY DICED
- CHOPPED CILANTRO TO TASTE
- SALT TO TASTE
- 1 TSP LIME JUICE
- 1 TBSP OLIVE OIL

Combine all ingredients in a bowl and mix.

TO SERVE

Place seared salmon on plate. Top with pineapple salsa, pickled red onions, and cucumber ribbons. Lightly drizzle pineapple vinaigrette over top. Finish with micro greens and edible flowers if desired.