



SLOW BAKED SALMON WITH FINGERLING POTATOES & SEASONAL SALAD

- Craig Mark Grosz, Oceanique, Evanston, IL

INGREDIENTS:

4-5oz. Salmon or Halibut Fillets	4 Tbsp. of coarsely chopped Parsley
4 Tbsp. Extra Virgin Olive Oil	1 Tbsp. Shallot-minced
Himalayan Pink Sea Salt	Light salad of your Choice or steamed vegetables
Freshly Ground Black Pepper	1 lemon Sliced
20 Fingerling Potatoes- sliced ½" pieces	

PREPARATION:

Boil potatoes in salted water until tender; season with salt, pepper, 2 tbsp. parsley and 2 tbsp. of olive oil. Set aside and keep warm.

Rub fish filets with 2 tbsp. olive oil, salt & pepper. Cover with parchment paper and bake at 250 °F for about 8-10 minutes. Fish should be rare to medium-rare to retain moisture and flavor.

ASSEMBLY:

Arrange fish on plate, garnish with 2 tbsp. of parsley and shallot. Serve with potatoes and a salad of your choice. You can always choose to serve this dish with steamed vegetables as opposed to a salad, I like beet greens sautéed with olive oil and a bit of garlic.

Serve with a white muscadet from France!

Serves 4.

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