

## How to prepare Salmon with Roasted Cauliflower

Difficulty Level: 

Serves 2

Ingredients for Salmon:	Ingredients for Roasted Cauliflower:
<a href="#">2 ORA King Salmon fillets (skinless)</a> OR <a href="#">2 Atlantic Salmon fillets</a> Olive Oil for sautéing Kosher salt & freshly ground black pepper to taste Fresh chopped Italian parsley to garnish	1 each Large Head of Cauliflower (cut into florets) 2 Tbs. Olive Oil Kosher Salt & Freshly Ground Black Pepper to taste 1/4 cup Golden Raisins 3Tbsp Fresh Basil (chopped)
Ingredients for Brown Butter - Lemon Vinaigrette:	
1 each 4 oz. Unsalted Butter 1 Tbsp. Spanish Sherry Vinegar 2 Tbsp. Fresh Lemon Juice Kosher Salt & Freshly Ground Black Pepper to taste 1 tsp Fresh Parsley (chopped) 1 tsp Fresh Mint (chopped)	

### How to prepare Salmon

1. Season each salmon fillet with salt and pepper.
2. Heat a sauté pan over high heat.
3. Add 1 Tbsp. of olive oil to the pan.
4. Place each piece of salmon into the pan, fat side first. The pan must be very hot, or the salmon will stick to the pan and not sear properly.
5. Sear the salmon for 3-4 minutes on each side to achieve medium doneness.
6. Remove the salmon from the pan, and place on a plate to rest.

### How to prepare Roasted Cauliflower

1. Heat a large skillet over medium heat and add the olive oil.
2. Add the cauliflower to the pan, season with salt and pepper, and brown the cauliflower in the oil until tender, about 15 minutes.
3. Add the golden raisins and heat for 20-30 seconds.
4. Remove the pan from the heat and add the basil right before serving.

### How to prepare Brown Butter - Lemon Vinaigrette

1. Place butter in a heavy bottomed sauce pan over medium heat.
2. Slowly melt the butter. As the butter melts the milk solids in the butter will settle to the bottom of the pan and begin to brown.
3. When the solids have turned a light golden brown, pour the browned butter into a mixing bowl.
4. Add the sherry vinegar, lemon juice, salt and pepper, and whisk to combine.
5. Add the fresh chopped parsley and mint, and mix to combine. Keep at room temperature for service.

### How to assemble your dish

1. Re-warm the roasted cauliflower mixture in a pan over medium heat.
2. Place about 6 oz. of roasted cauliflower on each of 2 warm dinner plates.
3. Place a salmon fillet on top of the cauliflower.
4. Spoon approximately 2 oz. of the vinaigrette on top of the salmon and around on the plate.
5. Garnish with fresh, chopped parsley