



Webb Ranch farmers Market
2720 Alpine Road, Portola Valley, CA 94028
Tel: (650) 854-3134 www.webbranchinc.com

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Salmon Raspberry

Organic Wild Salmon Salad With Raspberry Vinaigrette Recipe

Chef: Jesse Cool (www.cooleatz.com)

Select Item(s): Webb Ranch organic raspberries (U-Pick or Farmers Market), tomatoes, and select oils

Warm chunks of salmon are delicious on a bed of zesty arugula. The raspberry vinaigrette adds a sweetness that mellows out this dish perfectly.

Ingredients

1/2 pint raspberries
1/4 cup extra virgin olive oil
3 tablespoons balsamic vinegar
2 tablespoons brown sugar
4 fresh tarragon sprigs, finely chopped
1 garlic clove, minced
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
3/4 cup whole wheat flour
2 tablespoons finely chopped fresh chives
1 salmon fillet (about 3/4 pound), skinned and cut into 4 pieces
1 large bunch (6 ounces) arugula, torn into bite-size pieces
1 large yellow or red tomato, cut into wedges

Preparation

In a small bowl, mash the raspberries with a fork. Place a sieve over a medium saucepan and push the raspberries through, discarding the seeds. Add 2 tablespoons of the oil, the vinegar, brown sugar, tarragon, garlic, 1/4 teaspoon of the salt, and 1/4 teaspoon of the pepper. Place over low heat and bring to a simmer.

Meanwhile, in a pie plate, combine the flour, chives, and the remaining 1/4 teaspoons each of salt and pepper. Coat the salmon with the flour mixture.

Heat the remaining 2 tablespoons oil in a medium skillet over medium-high heat. Add the salmon and cook for 7 to 8 minutes, turning once, or until just opaque.

Place the arugula and tomato in a serving bowl and toss with the warm vinaigrette. Break the salmon fillets into large pieces over top of the arugula. Makes 4 servings.

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