



Sweet Citrus Salmon

This is a quick and fairly guilt free dish you can make in no time. The balance of sweet and citrus make this dish not only one to crave, but one to indulge in on a regular basis.

INGREDIENTS:

- 2 each, 5 oz Salmon
Portion
- 1 Tablespoon Olive Oil
- Salt & Pepper
- 10 oz Asparagus
- 1 Tablespoon Olive Oil
- 1 each Lemon (Juice & Zest)
- 5 oz Rockit Arugula
- 4 Tablespoons Brown Sugar
- 2 Tablespoon Butter
- 1 Teaspoon Soy Sauce

CHEF PAUL'S NOTES:

Only buy fish from the best! I recommend Supreme Lobster in Villa Park, IL. They provide the best restaurants in Chicago with fish from around the world. Most of their fish they have in store was actually still swimming in the ocean or H2O 48 hours ago! Check them out. You won't be dissappointed.

DIRECTIONS:

1. Place olive oil, in a fairly hot saute pan (not smoking). Season both sides of salmon filets with salt and pepper. Place it in the hot saute pan (presentation side down first) and be sure your heat is on medium.
2. Do not mess with the fish once you lay it in the pan. Chill out! Let it cook for at least 3 minutes on one side. You know you are ready to flip the fish when it releases from the pan fairly easy and the underside is nice and golden.
3. Once you flip your fish, you will now let it finish cooking for about 7 minutes. If your fish looks "too golden" aka burnt! You know your flame is too high. Turn it down and let the fish cook until it feels firm, but not soft. Remove the fish and place it nicely on a dinner plate.
4. In the same pan. Add your asparagus pieces, olive oil, and lemon zest. Lightly season with salt and pepper. Saute for a few minutes until asparagus begins to turn a bright green color. Add lemon juice and arugula at this point and saute for no more than 30 seconds. Place asparagus and arugula mix neatly on top of finished salmon.
5. In the same pan, on low heat add brown sugar, butter, and soy sauce. Stir on low to medium heat until everything "melts" together to form a nice smooth glaze. Drizzle a little of this glaze over the finished fish and asparagus mix to garnish.
6. Serve with an optional lemon wedge.

SOME WINE MAYBE?:

Riesling is a great choice for the crisp acidic flavors that are apparent in both the food and wine. Especially if you add some "spicy-ness!" to your dish.

If you like reds, Pinot Noir is also a great choice. It's especially perfect if you decide to grill your salmon instead of saute it. Ooh weeeee! Let's eat!

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