



PLATE PREP

Pistachio-Encrusted Sockeye Salmon

Wild-caught, pistachio-encrusted sockeye salmon, herb-roasted tri-colored fingerling potatoes, maple, and vanilla bean beurre blanc, seasonal vegetable.

Box to Plate: 15 min. **Wine Suggestions:** White - Bourgeon Blanc



Ingredients:

salmon filets
fingerling potatoes
maple-vanilla bean
beurre blanc
vegetables

Essentials Needed:

2 baking
sheet trays
2 small to medium
sauté pans
metal spatula
spoons
dinner plates

Steps:

1. Heat oven to 400 degrees.
2. While oven preheats, heat sauté pan on high heat stove top burner.
 - Pan Sear salmon in heated sauté pan for 2 min each side.
 - Place salmon and potatoes on separate baking sheets.
3. Place small sauté pan on a warm burner, pour beurre blanc (container 1) in the warm pan, let it sit until liquefied, and remove from heat.
4. When the oven is at 400 degrees, place in the oven:
 - Potatoes for 8 - 9 minutes.
 - Salmon for 4 minutes. 2 minutes longer if you like your fish cooked well done. When you take salmon out of oven, touch each side paper towel to take the little bit of moisture off .
 - Vegetables for 3 - 5 minutes.



DESIGN YOUR PLATE

- Place hot fingerling potatoes on the center of the plate.
- With a spatula, stand salmon on top of potatoes.
- Drizzle maple-vanilla-bean beurre blanc on salmon.
- **Plate & Serve.**