



Slow baked Salmon with Autumn Vegetables Fennel salad, chestnuts and caper sauce

Serves 4

Ingredients:

1 lb –salmon

<p>Marinade</p> <ul style="list-style-type: none"> • 4 ounces of Grapeseed Oil • 3 ounces of Extra Virgin Olive Oil • ½ Tb. Ground Coriander • ½ tsp Ground White Pepper • 3 Sprigs Thyme • 1 Bay Leaf • 10 Sprigs of Basil (sage can be a seasonal option) • ½ tsp. of chopped garlic 	<p>Autumn Vegetables</p> <ul style="list-style-type: none"> • 1 cup Brussels Sprouts (cut lengthwise in half) • 1 cup Butternut Squash (cut into large matchstick size) • ½ cup Celery • ½ cup Carrots • ½ cup Chestnuts (optional)..Rough chop ½ inch pieces
<p>Caper/Parsley sauce</p> <ul style="list-style-type: none"> • Handful of flat leaf parsley • 1 Tbs. rinsed capers • 3 ounces Extra Virgin olive oil • Blend all in Blender or food processor 	<p>Fennel Salad</p> <ul style="list-style-type: none"> • 1 bulb fennel (tough outer layer removed) • 1 Tbs. lemon juice • 2 Tbs. Extra Virgin Olive oil • Salt and pepper to taste

Procedure:

- 1) Marinate Salmon in marinade ingredients. Place in refrigerator for 3 hours.
- 2) Heat oven to 225 degrees.
- 3) Sauté butternut and brussel sprouts in 1 Tbsp. olive oil. Salt and pepper to taste for 3 minutes on medium heat. Until veg. is caramelized and cooked half way through
- 4) Cut carrots and celery into ½ inch dice
- 5) Pull salmon out of oil and bring to room temp. lightly salt salmon
- 6) Lay carrots, celery, brussel sprouts, chestnuts and butternut squash onto sheet tray. Place salmon on top of veg. (not to touch pan) Bake for 10-15 minutes brushing with marinade oil occasionally.
- 7) Slice fennel thin and mix with lemon, salt, pepper and olive oil.
- 8) Place fennel on middle of plate. Place Salmon on top and vegetables around salmon
- 9) Finish with drizzle of caper sauce over Salmon

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