

## VeraVia – Salmon with Asparagus and Wilted Frisee Salad

### Ingredients:

2 ea. 4 oz..1 inch pieces salmon with skin  
¼ tsp. minced garlic plus 1 tsp. fresh oregano, minced  
2 tsp. ghee or butter  
Salt and pepper

½ pound very thin asparagus  
4 handfuls raw frisee, leaves separated  
4 tsp. olive oil (2 tsp. for asparagus and 2 tsp. for frisee)  
1 tsp. shallots, finely minced  
¼ clove garlic, finely minced  
1 heaping tbsp. parsley, finely chopped  
Salt and pepper

Balsamic vinegar reduction (either buy balsamic glaze or make your own by simmering slowly and reducing 1 bottle by half) \*\* Limit to 1 tsp. per serving (slightly high in natural sugars)

### Method:

- Prepare balsamic glaze if needed. Pat dry and season salmon on both sides with garlic, oregano, salt and pepper. (You can do this up to 8 hours ahead of time)
- Working *in two pans simultaneously*, heat both over med to high heat for a minute. Add ghee or butter for salmon. Add 2 tsp. olive oil for asparagus.
- When sizzling, add both the salmon (skin side down) and asparagus to their pans. For salmon, cook less than 5 minutes per side, or 10 minutes total per inch of fish. (Better undercooked than over). You can always finish an undercooked piece of fish in the oven.
- When asparagus begins to brighten, add shallots, garlic and salt and pepper. Cook until slightly wilted but still crisp. Remove to warm plate.
- Turn salmon when ready and as soon as it has a nice golden crust, remove from pan. Immediately remove salmon grease from pan and wipe down. Add remaining olive oil to pan and add frisee. Toss frisee until only warm and barely wilted. About 20 seconds. It will continue to wilt when you remove it from heat.

**To plate:**

- On warm plate, arrange asparagus as a foundation, then the skin-side up salmon, then the wilted frisee on top of the salmon.
- Drizzle the balsamic glaze around the plate.