

Assiette de Saumon

An Assortment of Salmon

José Velez – Executive Chef

The Madison Hotel - Rod's Steak & Seafood Grille, Morristown NJ

Ingredients

24 oz fresh, wild salmon, divided

1 ounce (about 3 tablespoons) tri color bell peppers, chopped

1 ounce (about 3 tablespoons) Bermuda onion, chopped

1 tablespoon extra virgin olive oil, divided

1 teaspoon fresh lime juice

1 teaspoon fresh lemon juice

1 teaspoon fresh orange juice

Salt & fresh ground pepper

Micro greens for garnish

1 pound (about 3 ¼ cups) butternut squash, cut into 1 inch cubes

½ teaspoon pumpkin spice (equal parts cinnamon, nutmeg & allspice)

¼ teaspoon all natural cane raw sugar

½ teaspoon Moroccan spice blend (equal parts of curry, coriander & cumin)

4 oz Mesquite smoke chips

1 ½ cup bulgur wheat

2 ounces (about ½ cup) diced cucumber

2 ounces (about ¼ cup) diced tomato

4 fresh parsley sprigs - chopped

4 fresh mint sprigs – chopped

¼ teaspoon balsamic syrup

¼ cup plain yogurt

Watermelon cube – for garnish

Preparation

This dish is made up of 3 components

Salmon Tartare

Dice 8 ounces of fresh, wild salmon. Mix with tri-color bell peppers, Bermuda onion, 1 teaspoon olive oil, and fresh lime, lemon, and orange juice. Mix gently, add salt and fresh ground pepper to taste. Garnish with micro greens and set aside.

Pan Seared Spiced Salmon Medallion

Boil butternut squash until tender. Puree squash with pumpkin spice blend and a pinch of natural cane raw sugar. Set aside ¼ cup of squash for Yogurt-Squash Sauce. Cut 8 ounces of fresh, wild salmon into square slices. Season with salt, fresh ground pepper, and Moroccan spice mix. Pan sear to medium rare or desired doneness and serve on top of pureed butternut squash.

Smoked Wild Salmon

Place approximately 4 ounces of mesquite chips in a hot sauté pan. Heat until chips start to smoke. Slice 8 ounces of fresh, wild salmon into 1-ounce slices. Smoke the slices on a grate, over the mesquite chips for approximately 3 minutes and set aside. Cook bulgur wheat according to directions. Drain bulgur wheat and let cool. Mix bulgur wheat with diced cucumber, diced tomato, 2 teaspoons extra virgin olive oil, chopped parsley, and chopped mint (set aside a pinch of fresh mint for Yogurt-Squash Sauce). Season with salt and pepper. Top with smoked salmon and garnish with three drops of balsamic syrup.

Yogurt-Squash Sauce

Mix equal parts yogurt and squash puree with a pinch of fresh chopped mint.

The three components are plated together and served with a watermelon cube garnished with Yogurt-Squash Sauce.

Serves 4

Nutrition Information Per Serving

Calories 534; Fat 17.5g; Saturated Fat 2.4g; Cholesterol 94.5mg; Carbohydrate 59.7g; Sodium 428mg; Protein 43g; Fiber 12g

Peppered Seared Tuna Carpaccio with 4 Berry Wasabi Glaze

Chef Jamie Milkman from In Thyme Cafe & Special Events, River Vale, NJ

Ingredients

2 tablespoons wasabi powder
½ cup rice wine vinegar
¼ cup granulated sugar
1 teaspoon grated fresh ginger
1 tablespoon white miso paste
¼ cup strawberries
¼ cup blueberries
¼ cup raspberries
¼ cup blackberries
2 pounds grade A tuna
Cracked pepper to taste
Kosher salt to taste
Olive oil (for searing tuna)
Mache leaves for garnish - optional

Preparation

Make wasabi paste by adding 2 tablespoons of water to wasabi powder, set aside.

In a stainless steel saucepan combine rice vinegar and sugar – bring to a boil and add grated ginger, miso paste and wasabi paste.

Reduce heat to a simmer – let liquid reduce to a syrup and add fresh berries. Cook for another 2 minutes till berries are soft.

Season tuna with kosher salt and cracked pepper. Heat olive oil in sauté pan until hot – sear tuna on all sides. Remove tuna from pan and slice tuna into ¼” slices. Fan out tuna slices on serving plate.

Drizzle berry syrup over tuna – then glaze with a propane torch (optional). Garnish with mache leaves (optional) and serve immediately.

Serves 8

Nutrition Information Per Serving:

Calories 145; Fat 1 g; Saturated Fat 1 g; Cholesterol 45mg; Carbohydrate 8g; Sodium 397mg; Protein 24g; Fiber 0.5g

Chocolate Sabayon

Robert Gonnerman from Arthurs Landing, Secaucus NJ

Ingredients

8 Egg Yolks
1/2 cup of Sugar
1 tablespoon of Kirsch (a cherry brandy)
2 ounces of Dark Chocolate, grated
1 cup of milk
4 large Bananas
Sugar in the raw / turbinado sugar – for sprinkling
16 Raspberries
Mint for garnish

Preparation

Whisk egg yolks, sugar and Kirsch in a metal bowl. Set over a medium saucepan of simmering water and whisk until egg mixture becomes thick and pulls away from the bottom of the bowl.

Add chocolate to egg mixture and whisk until chocolate is fully melted.

Heat milk in a medium saucepan and whisk until frothy and light, or steam milk using a cappuccino maker.

Fold steamed milk into the chocolate mixture.

Cut bananas in half and lengthwise into 4 pieces. Sprinkle with sugar in the raw. Heat bananas with hard torch until golden brown, or place bananas under a broiler until they are golden brown

Place bananas, sticking up, in individual cups or bowls; top with sabayon and garnish with raspberries and mint leaves.

Serves 8

Nutrition Information Per Serving:

Calories 225; Fat 8g; Saturated Fat 3.6g; Cholesterol 213mg; Carbohydrate 35g; Sodium 22mg; Protein 5g; Fiber 2.3g

Risotto ai Frutti di Bosco

Risotto with Mixed Berries and Truffles by
Chef Antonio Grande from Ill Capriccio, Whippany, NJ

Ingredients

4 tablespoons of extra virgin olive oil
1½ -1¾ cups (350 – 400 grams) of Italian Arborio Rice (Risotto or Carnaroli)
1/3 cup of chopped onions
4 oz dry white wine
4 – 6 cups low-fat or fat-free, reduced-sodium chicken broth
½ cup of fresh or frozen porcini mushrooms sliced
1/3 cup of strawberries
1/3 cup of blackberries
1/3 cup of blueberries
1/3 cup of raspberries
2 oz of chopped Fontina cheese (or ½ cup of low fat ricotta)
Freshly shaved white truffle of Alba or 2 tablespoons of white truffle oil (made from olive oil)

Preparation

In a 12” copper pot, add 4 tablespoons of extra virgin olive oil and heat it. Add risotto and stir with wooden spoon for 4-5 mins. Add the chopped onions and cook until slightly golden. Continue to stir making sure that the rice doesn’t burn or stick. Add white wine. After a minute or so of evaporation start to add broth a ladle at a time. Allow the broth to incorporate evenly with the rice. After having added ½ of the broth, add Porcini mushrooms. Continue stirring and gradually add the remainder of the broth.

Continue to cook for 12 minutes. Add all the berries and cook 3 minutes. Add Fontina cheese and truffle oil (if using truffle oil) and cook for 2 minutes more. Season with salt and pepper, top with freshly shaved white truffle of Alba (if using truffles) and serve.

Serves 4

Nutrition Information Per Serving:

Note – if cutting calories, serve 8 portions and all nutrition info will be halved.

Calories 494; Fat 19g; Saturated Fat 5g; Cholesterol 17.9mg; Carbohydrate 76g; Sodium will vary on chicken broth used; Protein 15g; Fiber 3.5g

Honey Cheesecake

Chef Tai Ngo, Mo Town Café, Morristown Memorial Hospital, Morristown, NJ

Ingredients

9" reduced fat Graham cracker crust

2 lbs silken firm tofu

1 cup honey

¼ cup canola oil

¼ cup lemon juice

2 tsp. vanilla

Pinch of salt

8 oz light cream cheese

Dark chocolate topping 1 oz

Preparation

Preheat oven to 350°.

Place tofu, honey, canola oil, lemon juice, vanilla, pinch of salt, and light cream cheese in a food processor. Process until smooth.

Pour tofu mixture into crust. Place filled pie into an 11x13 inch baking dish and add enough boiling water to come halfway up the side of the pie pan. Bake for 30- 40 minutes until top is golden brown.

Before serving, shave dark chocolate onto cheesecake

Serves 12

Nutrition Information Per Serving:

Calories 289; Fat 13g; Saturated Fat 3.8g; Cholesterol 9mg; Carbohydrate 37g; Sodium 181mg; Protein 8g; Fiber 0.3g

Steamed Salmon with Lemon-Ginger Quinoa

Corey Heyer, Executive Chef from The Bernards Inn, Bernardsville, NJ

Ingredients

2 6-ounce portions of salmon
½ cup butternut squash, diced small
¼ cup Brussels sprout leaves
1 cup water
½ tsp sea salt
½ cup quinoa
1 tablespoon ginger, finely chopped
1 lemon, zested and juiced
1 tablespoon chives, finely sliced
1 tablespoon flat leaf parsley, chiffonade
½ tsp ground, toasted coriander seed

Preparation

Set up bamboo steamer per manufacturer's directions. Season each piece of salmon with sea salt and place in the bottom layer of the steamer basket. Arrange butternut squash and Brussels sprout leaves in top layer of steamer basket and cook the salmon and vegetables for 8-10 minutes. The fish should be firm to the touch and the vegetables tender.

In a small saucepot bring water to a boil. Add sea salt and quinoa. Simmer quinoa for 6 minutes; add ginger and simmer for another 4 minutes or until quinoa is tender. Turn off the heat and add lemon zest and lemon juice. Cover to keep warm.

Add the chives and parsley to the quinoa, stir gently, and divide the quinoa in the center of two plates. Lay the salmon over the quinoa and arrange the Brussels sprout leaves and butternut squash around the salmon. Sprinkle ground coriander over the vegetables and serve.

Serves 2

Nutrition Information Per Serving

Calories 424; Fat 13g; Saturated Fat 2g; Cholesterol 94mg; Carbohydrate 35g; Sodium 671mg; Protein 40g; Fiber 3.7g