

Pave of Salmon with Roasted Tomatoes and Fennel

(Serves 4)

Time: 1 ½ hours

Ingredients:

Roasted Tomato and Fennel

1	Lb	Tomatoes, small vine ripened, fresh
3	TBS	Olive oil
3	Large	Fennel bulbs
		Kosher salt and pepper

Sauce Vierge

½	Cup	Red wine vinegar
½	Tsp	Fennel seeds, coarsely crushed
½	Tsp	Black pepper, coarsely crushed
2/3	Cup	Olive oil; extra virgin
1	Pinch	Sea salt

Salmon

4	6-oz	Salmon paves (slabs)
		Olive Oil
1	Splash	White Wine

Instructions:

1. For the roasted tomatoes and fennel, preheat the oven to 425 F (220 C). Cut the tomatoes in half horizontally and lay them, cut-side up, in a lightly oiled, shallow roasting pan. Sprinkle some salt and pepper, then roast them for 10 minutes. Lower the temperature to 300 F (150 C) and roast for 1 hour longer, or until they have shriveled to about half their original size and are well concentrated in flavour. Cut the fennel down through the root into thin slices. Arrange in a single layer in a lightly oiled roasting pan and roast at 350 F (180 C) for 35 to 40 minutes, until softened and with a good color. When the tomatoes and fennel are ready, remove from the oven and keep warm.
2. For the sauce vierge, put the vinegar, fennel seeds, and black pepper into a small pan and boil until reduced to 2 tablespoons. Add the olive oil, season to taste with some sea salt and set aside.
3. Brush the pieces of salmon on both sides with olive oil. Heat a cast iron or aluminum frying pan to smoking hot and sprinkle a little kosher salt in the pan to keep from sticking. Add the salmon, skin-side down, and sear until it has taken on a good golden colour. Sprinkle with some wine and let sizzle for a few seconds, then turn, add a little more salt to the pan and cook for 30 seconds. Remove from the heat and let the salmon continue cooking in the residual heat of the pan for 20 seconds or so.
4. To serve, arrange some of the fennel slices attractively in the center of each plate. Rest the paves of salmon on top and arrange a few tomatoes around the fish. Spoon some of the dressing around the edge of the plates (make sure you take up some of the vinegar reduction with the oil in the dressing.)

Source: Complete Seafood; Rick Stein



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