

Asparagus, Farm Egg and Arugula Salad with Cold Poached Wild Salmon

Serves 4

Ingredients

1 bunch asparagus (trimmed and blanched in salted water)
4 cups fresh arugula
½ cup roasted tomato dressing*
4 TBLS pickled red onions**
4 hard cooked eggs (cut in half)
4 ounces feta cheese (crumbled)

Serve with cold poached Wild Salmon

1 lb Wild Salmon, poached, chilled and cut into 4 ounce portions
...to prepare poached salmon – place skinless salmon filet in a sauté pan with 1 cup white wine, 1 cup water, 2 bay leaves, ½ lemon, 1 garlic clove, 1 tsp salt. Simmer for 12-14 minutes or until Salmon is just cooked through. Remove from broth and refrigerate until fully chilled.

*Roasted Tomato Dressing

2 TBLS roasted plum tomatoes (packed in olive oil)
1 lemon (juice and zest)
½ cup olive oil
Salt and pepper to taste
...place ingredients in a blender and puree until smooth, adjust salt and pepper to taste

**Pickled Red Onions

1 red onion (sliced very thinly)
1 cup red wine vinegar
½ cup water
3 TBLS granulated sugar
1 t salt
...in a sauce pan heat the vinegar, water, sugar and salt until dissolved. Pour into a bowl with the sliced red onions. Refrigerate until cooled.

How-to:

Toss the arugula, feta cheese and half the dressing in a bowl, season with salt and pepper
Place dressed greens towards back of plate
Lay blanched asparagus spears across greens
Top with pickled red onions
Place 2 halved hard cooked eggs on plate in front of salad
Dress with additional roasted tomato dressing
Serve alone as an appetizer, or top with 4 ounces of cold poached Wild Salmon