

Olive Oil Poached Wild King Salmon

Crushed Fennel Potatoes

This cooking technique is a favorite in the south of France where the olive groves produce the finest oil, the fish are abundant and the fields are covered with fragrant herbs. We all know that fat does carry flavors. Adding aromatics to the olive oil enhances the richness of the fish and intensifies the flavor of the fish. For this technique, tuna, halibut, swordfish, sea bass and diver scallops are fantastic substitutes! Infusing the olive oil with your favorite aromatics makes it fun.

Serves 4

Potatoes

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| 2 pounds | small gold potatoes, washed |
| 1/4 cup | extra virgin olive oil |
| 1 large | fennel bulb, thinly sliced |
| 1 bunch | watercress leaves |
| to taste | sea salt and freshly ground black pepper |

Add potatoes to lightly salted cold water in large stock pot. Place over medium heat. Bring to simmer. Cook 15 minutes or until tender. Meanwhile add 2 tablespoons olive oil to skillet over medium heat. Add fennel. Cook 3 minutes or until tender, stirring often. Season with salt and pepper. Set aside. Drain potatoes in colander. Add to fennel. Gently crush each potato using the back of a fork. Add watercress and remaining olive oil. Stir to combine. Season with salt and pepper.

Vinaigrette

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| 1/4 cup | hazelnut oil |
| 1 tablespoon | chopped chives |
| 2 tablespoons | champagne vinegar |
| 1 | tangerine, zested, juice |
| 2 tablespoons | chopped toasted hazelnuts |
| 1/4 cup | kalamata olives, pitted, quartered |
| 1/2 cup | teardrop tomatoes cut in quarters |
| to taste | sea salt and freshly ground black pepper |

In small mixing bowl, combine hazelnut oil, chives, champagne vinegar, and tangerine juice and zest. Whisk together until well mixed. Add hazelnuts, olives and tomatoes. Season with sea salt and freshly ground black pepper.

Salmon

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| 8 sprigs | lemon thyme |
| 4 | sage leaves |
| 1/2 teaspoon | cracked black peppercorn |
| 1 teaspoon | sea salt |
| 4 cloves | garlic, peeled, sliced |
| 1 | tangerine, zested |
| 4 cups | olive oil |
| 4 | 6 ounce wild king salmon fillets, skinless, boneless |

Combine thyme, sage, peppercorn, salt, garlic, tangerine zest and olive oil in wide heavy bottom sauce pan over low heat to infuse oil. When garlic starts to sizzle lightly turn off heat. Use tongs to immerse salmon into oil. Steep salmon in oil 10 minutes or until slightly underdone.

If necessary, return briefly to low heat to finish cooking process.

Salmon should be translucent and bright orange in the middle but flake easily. Transfer salmon to serving plate atop crushed potatoes.

Spoon vinaigrette onto plate. Garnish with thyme sprig and sage leaf.