

# SEARED SALMON WITH SUNCHOKE PUREE, CRISPY BRUSSEL SPROUT LEAVES, AND FENNEL

*Yield: 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Salmon, boneless, skin on, 4 oz pieces	8 each
Salt	as needed
Ground black pepper	as needed
Olive oil	as needed
<i>Whole Grain Mustard Vinaigrette</i>	
Whole grain mustard	2 Tbsp.
White wine vinegar	¼ cup
Shallots, minced	1 Tbsp.
Extra-virgin olive oil	½ cup
Ground black pepper	as needed
Olive oil	as needed
<i>Crispy Brussel Sprouts</i>	
Brussel sprout leaves, separated	4 cups
Olive oil	1 oz.
<i>Sunchoke Puree</i>	
Sun chokes, peeled, cut in 1" pieces	2 lbs.
Sour cream or crème fraiche	4 Tbsp.
Salt	as needed
<i>Caramelized Fennel and Onions</i>	
Olive oil	1 oz.
Fennel, sliced ¼" julienne	4 cups
Onion, sliced ¼" julienne	4 cups
Garlic, minced	1 Tbsp.
Thyme, chopped	1 Tbsp.
Balsamic vinegar	4 Tbsp.
Fennel fronds	¼ cup

## **Method**

1. *For the Whole Grain Mustard Vinaigrette:* Combine the mustard, vinegar, shallots, salt and pepper in a small bowl. Whisk in the olive oil. Set aside.
2. *For the Brussel Sprouts:* Preheat a 400°F oven.
3. Toss the Brussel sprouts leaves with olive oil, salt and pepper. Spread on a baking sheet in a single layer. Roast in the oven for 15 – 20 minutes until golden brown and crisp. Set aside.
4. *For the Sunchoke Puree:* Place the sunchoke in a pot with just enough water to cover. Add a generous pinch of salt and bring to a low simmer. Cook for 15 – 20 minutes or until tender. Drain well.

5. While still hot, place in a food processor and puree until smooth. Add in the sour cream and season with salt and pepper. Using the back of a ladle, push the puree through a fine mesh strain for a smooth texture. Season to taste and hold warm.
6. *For the Caramelized Fennel and Onions:* Heat a large sauté pan over medium heat. Heat the oil and add the onions and fennel. Sauté until the onions and fennel have caramelized.
7. Add the garlic, thyme, salt, and pepper and cook until aromatic. Deglaze with the vinegar. Mix in the fennel fronds. Hold warm.
8. *To Serve:* Blot the salmon dry with a paper towel and season the salmon with salt and pepper. Heat a sauté pan over medium heat. Add the oil and heat to shimmering. Add the salmon, skin side down and let cook until the skin crisps and the salmon is cooked  $\frac{1}{4}$  of the way. Turn the fish and let cook on the other side to desired doneness.
9. Smear the sunchoke puree across the plate.
10. Place a spoonful of the caramelized fennel and onions in the center. Top with a piece of salmon, sprinkle Brussel sprouts around the plate, and drizzle with plate with the vinaigrette.

**Note:** Substitute celery root, carrots or parsnips for the sunchoke.  
If the fennel fronds are fresh, garnish the plate with a few.