

Pan Seared Salmon with Peach and Corn Salsa

Ingredients

For the Salmon

- 1 1/2 lbs. fresh wild-caught salmon fillets
- 2 tsp extra virgin olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper

For the Salsa



- 2 medium ears of sweet corn, charred or grilled
- 2 small nectarines or peaches, diced small (I use one of each)
- 1/2 seedless cucumber, diced small
- 1 small jalapeno pepper, ribs and seeds removed, minced
- 1/4 c. diced red onion
- 1/4 c. cilantro, minced
- 3 Tbsp olive oil
- 2 Tbsp fresh lime juice
- 1 Tbsp water, as needed to thin
- 1 clove garlic, minced
- 1 tsp honey
- 1/4 tsp salt

Method

For the Salmon

1. Press salmon fillets between paper towels to dry surfaces thoroughly. Season on all sides with salt and pepper.
2. In a large stainless, cast iron, or carbon steel skillet, heat oil over medium-high heat until shimmering. Reduce heat to medium-low, then add a salmon fillet, skin side down. Press firmly in place for 10 seconds, using the back of a flexible fish spatula to prevent the skin from buckling. Add remaining fillets one at a time, pressing each with spatula for 10 seconds, until all fillets are in the pan.
3. Cook, pressing gently on back of fillets occasionally to ensure good contact with skin, until skin releases easily from pan, about 4 minutes. If skin shows resistance when you attempt to lift a corner with spatula, allow it to continue to cook until it lifts easily. Continue to cook until salmon

registers 110°F (43°C) in the very center for rare, 120°F (49°C) for medium-rare, or 130°F (54°C) for medium, 5 to 7 minutes total.

- Using the spatula and a fork, flip salmon fillets and cook on second side for 15 seconds, then transfer to a paper towel-lined plate to drain. Serve immediately.

For the Salsa

- Char the corn either on a grill, under the broiler, or in a skillet. Shave the kernels from the cob and add to a large bowl along with the diced nectarines or peaches, diced cucumber, minced jalapeno, diced red onion and cilantro. Season with salt and pepper.
- In a separate bowl, whisk together the olive oil, lime juice, water, garlic, honey, and salt.
- Pour over the salsa and stir to coat.

Mashed Cauliflower



Ingredients

- 2 (16-ounce) packages riced cauliflower, or 1 large head cauliflower (about 3 pounds)
- 3 tablespoons unsalted butter
- 3 cups water
- 1 teaspoon kosher salt

Method

1. Finely chop the cauliflower (for whole cauliflower only): Halve the cauliflower through the stem. Cut a "V" shape around the core to remove the core from each half. Finely chop the cauliflower. The smaller the pieces, the faster the cauliflower will cook and the creamier the finished dish will be.
2. Place cauliflower in a sauce pan with the water and salt. Bring to a boil then reduce heat to a simmer. Boil until tender: Cover and cook until the cauliflower is tender, about 10 minutes.
3. Drain with a fine mesh strainer over a large bowl, reserving the cooking liquid.
4. Return the drained cauliflower to the empty pot. Add the butter and additional seasoning to taste.
5. Mash or purée using an immersion blender or food processor. Add some of the reserved cooking liquid as needed to desired consistency. Be cautious to not add too much.
Serve hot.