



Grilled Wild Salmon with Fennel, Leeks and Citrus Sauce

Ingredients:

1 Leek, all of white, half of green part, diced
½ bulb of fennel, diced
3 tbsp olive oil
zest of 1 lemon, and juice
2 portions of wild salmon
s/p to taste

Directions:

Clean the fennel and leeks by soaking in cold water with salt. Change water twice until it runs clear.

Take your chopped leeks and fennel, and marinate in olive oil, lemon juice, and zest.

Heat a sauté pan over medium-high heat, and lightly sauté your leek and fennel mixture, seasoning with s/p to taste, until the leeks and fennel begin to sweat and turn a little translucent. Then set aside, and finish cooking while the salmon is grilling.

When ready, heat a grill pan, and cook salmon on presentation side first, for 2-3 minutes over medium heat, and then flip to “skin”-less side, and cook another 2-3 minutes for medium-rare-medium doneness on your fish.

Finish cooking the fennel/leek mixture, place on plate, serving fish on top

of vegetables. Season with salt and pepper to taste, and garnish with parsley and capers.