



SALMON WITH VEGGIES

Guest Chef@Market: Greg Shahady
of Our Harvest Restaurant in Fenwick Island, DE

August 17, 2019

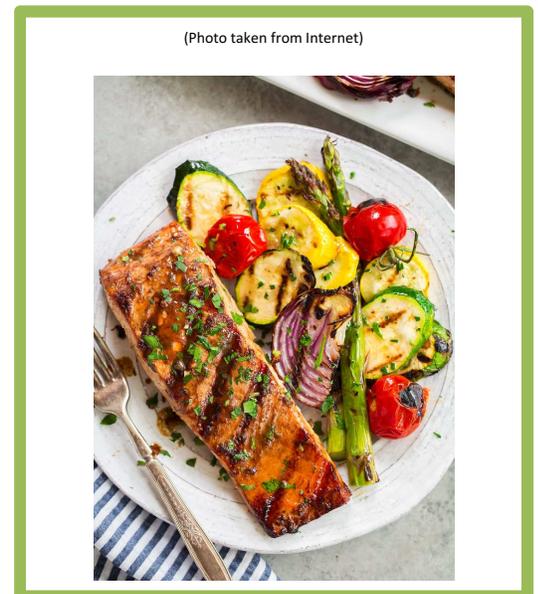
Salmon can be prepared in so many different ways, but simple always seems to work!! Together with a few seasonings and some fresh vegetables, it's a healthy and delicious meal.

Chef Greg Shahady shows us today how taking fresh veggies from farm to table can make a meal of salmon into something special!

Salmon is surprisingly versatile! You can steam, poach, pan fry, grill or broil it. Top it with nothing but salt and pepper and a little butter, or season it with your favorite herbs and spices. Cajon seasoning is delicious on salmon, as is dill. Sautéed fennel is especially delicious with salmon!

Choosing fresh salmon:

1. The fish should have almost no odor, indicating it's very fresh. Any strong smell will transfer to the taste of the fish.
2. Skin on has more flavor when cooked. It's best to remove the skin after it's cooked if you don't like to eat it. Although if you are searing the salmon over high heat, a crispy skin can be quite tasty!
3. Dill, fresh sautéed fennel or sweet onions, fresh lemon and tarragon are all delicious with salmon.
4. A slow poach in some butter and lemon will render a very tender and very flavorful result.



Maggie's Notes:

Visit Our Harvest in Fenwick Island, DE for a unique and casual fine dining experience! Located at 1106 Coastal Highway.

Check out the wild caught salmon at Alaskawild Seafood and the fresh produces at our various farm stand throughout the market!

Find all of our Market Recipes at the Ocean Pines Website:

<http://oceanpines.org/forms-docs-cat/farmers-market-recipes/>