

Grilled Salmon Tournedos With Fennel, Corn and Blueberry Salsa

Ingredients:

4 - 8oz. salmon portion cut into 2 strips each

4 tablespoons olive oil

Salt

Ground black pepper

1 lb. of spinach, divided onto 4 plated

Salsa

1 cup precooked corn kernels

¼ cup olive oil

2 tablespoons white wine

2 tablespoons blueberries

1 tablespoon red wine vinegar

6 small mushrooms

1/3 yellow onion, chopped

1 red pepper, diced

1 oz fennel

1 lemon

½ teaspoon garlic

Salt

Pepper



Directions:

To make salsa: Sweat the yellow onion in a little oil; add the white wine and reduce until the liquid has completely evaporated; remove from the heat; add the corn, the pepper, the fennel, the garlic and the remaining olive oil; heat gently for a few minutes. Remove the mushroom stems; sauté just the caps in a separate skillet. Combine all the ingredients; add the juice of one lemon; season and keep warm.

Preparing the Salmon: Roll up two strips of salmon, one at a time, to form tournedos (it should resemble a thick round steak); use a toothpick to hold it together. Brush with olive oil; season and grill for 4-5 minutes on each side. Plate salmon on a bed of spinach and cover with salsa.

Yield: 4 servings