

Lighten Up Life

Arctic Char Salad over Mixed Field Greens Drizzled with a Beet Purée and Lemon Vinaigrette

Submitted by Kingston Clark, Pomodoros Greek & Italian Café

Arctic Char Salad

Ingredients:

6.5 ounce Arctic Char poached then shredded
Enough Kalamata olive oil to just cover fish
1 tablespoon capers
1 tablespoon finely diced red onions
1 tablespoon finely chopped parsley
1 tablespoon white balsamic vinegar
1 tablespoon of the poaching liquid

Preparation:

Preheat oven to 225 degrees. In an oven proof pan place Kalamata olive oil and Arctic Char. Cover and place in oven for approximately 35 to 45 minutes. Poach just until cooked through. Remove from oil and allow to cool. Using a fork shred fish then toss with all ingredients. Season to taste with salt and pepper.

Beet Puree

Ingredients:

1 red beet
1/2 teaspoon honey
1/2 teaspoon Kalamata olive oil
Salt to taste
Pepper to taste

Preparation:

Peel one red beet. Roast at 425 degrees until tender. Cube and purée in food processor until smooth. While processing, slowly add honey and Kalamata olive oil. Season to taste with salt and pepper.

Lemon Vinaigrette

Ingredients:

3 lemons
1 tablespoon Kalamata olive oil
1/2 tablespoon lemon zest
1 teaspoon sugar

Preparation:

In food processor squeeze three fresh lemons. Turn food processor on and drizzle in 1 Kalamata olive oil. Add in lemon zest and sugar.

Prepare salad base with 5 ounces of mixed field greens. Top with Arctic Char Salad. Drizzle with Beet Purée and Lemon Vinaigrette.