



# PennState Behrend

## Chef Kyle's Salmon Entrée

**"I like this entrée because it's simple, looks amazing, and tastes great. If you do not have any salmon, you can substitute chicken or shrimp if you like. This recipe is made for 1 serving."**

### Ingredients:

- 4 oz. salmon
- 3 oz. baby potatoes, Yukon or red potatoes.
- 3 oz. peas
- 2 tsp. butter
- 1 pinch fresh-cut garlic
- 1 tsp. lemon juice
- 2 Tbs. olive oil



**Step 1.** This can be done the day before or an hour before you are ready to eat dinner. Take your potatoes and boil them until tender in seasoned water. Let them cool down and then gently smash them to make them flat. Season with olive oil and salt and pepper.

**Step 2.** Now we are going to make the pea puree. Any blender or food processor will do just fine. Steam 3 ounces of frozen peas or fresh until tender and cooked. Transfer them to a blender and add 1 teaspoon butter, a dash of lemon juice, and blend until a smooth puree is formed. Season with salt and pepper and add more butter if desired. They should taste like amazingly seasoned peas. Set aside and hold warm or cool down and reheat later in the microwave.

**Step 3.** We are going to heat up the oven to 400 degrees and place the potatoes in the oven for about 30 minutes so they can become crispy. As soon as we get the potatoes in the oven, we are going to season our salmon with salt and pepper. In a frying pan we are going to heat up some olive oil and sear both sides of the salmon until golden brown and set aside. When we have 10 minutes left on the potatoes, we are going to put the salmon in the oven to finish cooking with the potatoes. You can put the salmon on the same tray or on another one, if you are making more servings.

**Step 4.** In the pan that we seared the salmon, we are going to add some more olive oil and fresh garlic and cook until fragrant. Remove from heat and add in remaining butter and lemon juice, and swirl it around to make a sauce. It's ok if it breaks.

**Step 5.** We want to make sure the salmon has reached 145 degrees—no more no less. When the salmon is fully cooked and the potatoes are crispy, it's time to plate up. Start by putting the pea puree in the center for the plate and smoothing it out into a circle. In a straight line, place the crispy potatoes on top of the pea puree. Place the salmon on top of the potatoes and top with the butter sauce we made in the pan. Enjoy!