

POTATO WRAPPED SALMON 4-WAYS and KALE SALAD

INGREDIENTS

4 skinless salmon fillets
Salt and Pepper
4 cups frozen shredded potatoes, thawed and squeezed dry
OR 2 large baking potatoes
OR 2 large, white or sweet potatoes, peeled and spiralized into very thin "noodles"
Oil
Butter
Flour

Serve with:

Lemon wedges
Chives, chopped, optional
Dollops of sour cream, optional

PREPARATION

1. Pat down the salmon fillets with a paper towel to remove excess moisture. Sprinkle each fillet with salt and pepper. Complete the prepare in one of the following ways:

Wrapped

2. Halve the peeled potatoes lengthwise. Using a mandolin slicer, cut the potatoes into long, paper-thin strips.
3. Set out a piece of plastic wrap on the work surface and lay out 5-6 potato slices in the center of the wrap, lined up in a row, overlapping slightly. Form another row in the same way, with the ends of this second row slightly overlapping the short ends of the first row, forming a rectangular shape. Sprinkle the potato slices with salt and pepper.
4. Pat the fish fillets dry once more and place a fillet across the overlapped potato slices. Using the plastic wrap to help you, fold the loose ends of the slices over the fish to form a little bundle. Dab the overlapped ends with a bit of olive oil and press down to make them stick. Fold the rest of the plastic wrap over to keep the bundle shut, turn the bundle over to keep it from opening, and place in the fridge 30-60 minutes to firm up. Repeat with the rest of the potato slices and salmon fillets.
5. Take fish packets out of the fridge. Heat a heavy (preferably cast iron) pan over high heat. Coat the pan with 2-3 tablespoons of oil. Carefully unwrap the fish bundles from the plastic wrap and place in the pan, seam side down. Fry for about 4 minutes, flip, and fry the other side for 2-3 minutes more or until the fish is opaque in the center and the potato slices are lightly browned.



“Scales”

2. Scrub potatoes well. Cut several 1/16-inch-thick slices lengthwise from wider side of 1 potato with slicer (discard outer piece or pieces that are all peel). Stack slices of potato and cut out as many rounds as possible with cookie cutter.
3. Dip potato rounds, one at a time, in butter and lay slices on top of one piece of fish in an overlapping pattern (to resemble fish scales), covering surface completely. Continue cutting and stacking a few potato slices at a time and cutting and applying potato "scales" to fish in batches, until tops of all pieces of fish are coated.
4. Chill until butter is firm, 30-60 minutes.
5. Take fish packets out of the fridge. Heat a heavy (preferably cast iron) pan over high heat. Coat the pan with 2-3 tablespoons of oil. Carefully unwrap the fish bundles from the plastic wrap and place in the pan, seam side down. Fry for about 4 minutes, flip, and fry the other side for 2-3 minutes more or until the fish is opaque in the center and the potato slices are lightly browned.

Hash Browns

2. In a medium bowl, toss the potatoes with 2 tablespoons flour.
3. Evenly pat the shredded potatoes onto the top of each fillet.
4. Cover and put in refrigerator until ready to cook.
5. Remove from fridge. Heat a heavy (preferably cast iron) pan over high heat. Coat the pan with 2-3 tablespoons of oil. Carefully place the filets in the pan, potato side down. Fry for about 4 minutes, flip, and fry the other side for 2-3 minutes more or until the fish is opaque in the center and the potato slices are lightly browned.

Potato “Noodles”

2. In a medium bowl, toss the “noodles” with 2 tablespoons flour.
3. Evenly wrap the “noodles” around each fillet.
4. Cover and put in refrigerator until ready to cook.
5. Remove from fridge. Heat a heavy (preferably cast iron) pan over high heat. Coat the pan with 2-3 tablespoons of oil. Carefully place the filets in the pan. Fry for about 4 minutes, flip, and fry the other side for 2-3 minutes more or until the fish is opaque in the center and the potato “noodles” are lightly browned.

PRESENTATION

Serve immediately with a lemon wedge, a dollop of sour cream, and a pinch of chopped chives if desired.

LINDA’S KALE SALAD

INGREDIENTS

1 pound bag kale, washed and chopped

Add-ins: dried cherries or cranberries, feta cheese, chopped apples, chickpeas, nuts.... whatever you please!

Salad Dressing

½ cup cider vinegar

½ cup vegetable or olive oil

¼ cup to ½ cup real maple syrup or honey

PREPARATION

Put kale in a large bowl. Pick out large pieces of stem. Sprinkle with a little salt and massage the kale. This is the secret to softening the kale. In a small jar add in the vinegar, oil and maple syrup or honey. Put on lid and shake well. Pour over kale and toss. Probably will not need all of the dressing. Salad is best if put covered in refrigerator for a couple of hours before eating. Will keep for 2 days.