



Grilled Salmon

with Root Vegetable Hash and Carrot-Ginger Broth
by Chef Bradley Czajka

Makes 6 Servings



Ingredients

Root Vegetable Hash

- ☐ 2 Tablespoons extra virgin olive oil
- ☐ 1/2 cup diced carrots
- ☐ 1/2 cup diced parsnips
- ☐ 1/2 cup diced fennel bulb
- ☐ 1 cup diced peeled sweet potato
- ☐ 2 garlic cloves, minced
- ☐ 1/4 cup diced red onion
- ☐ 1/4 cup diced red bell peppers

Carrot Ginger Broth

- ☐ Spray bottle of canola olive oil blend
- ☐ 1/4 cup diced shallots
- ☐ 1 garlic clove minced
- ☐ 2 Tablespoons chopped ginger
- ☐ 1/4 cup white wine
- ☐ 20 oz. carrot juice
- ☐ 1 cup low sodium vegetable stock

For the Salmon

- ☐ Spray bottle of canola olive oil blend
- ☐ 4 (5 oz.) salmon filets
- ☐ 1/4 teaspoon kosher salt
- ☐ 1/4 teaspoon ground black pepper
- ☐ 1 Tablespoon chopped fresh tarragon, garnish

Directions

Root Vegetable Hash: Preheat oven to 385F degrees. In a mixing bowl toss the EVOO with the carrots, parsnips, fennel and sweet potato. Place on baking sheet and roast in oven until caramelized, about 25-30 minute. Cool on baking rack.

Heat a large sauté pan over medium high heat and light spray with canola/olive oil. Add the garlic, onion and peppers and sauté until caramelized. Add the roasted vegetable and stir to combine. Season to taste with kosher salt and black pepper. Keep warm until ready to serve.

Carrot Ginger Broth: Lightly spray the bottom of the medium stock pot with canola/olive oil and the shallots, garlic and ginger and sauté for 2 minutes. Deglaze the pan with white wine. Stir in carrot juice and stock and simmer for 20 minutes. Place broth in blender and puree until smooth. Adjust seasonings with kosher salt and pepper.

For the salmon: Light spray salmon with canola olive oil spray and sprinkle with kosher salt and pepper. Preheat grill to high, add salmon and grill for 4-6 minutes. Flip over salmon and finish cooking for 2-3 minutes.

To serve: Divide hash in the center of each serving bowl. Place salmon on top of hash and ladle the warmed broth over the fish. Garnish with fresh topped tarragon.