

Peach & the Porkchop's spinach salad with salmon

(Serves 2)

Ingredients

4 cups farm fresh spinach

1/2 cup eggs – hard boil the eggs, use grater to dice

1/4 cup bacon – fully cook bacon, chop until desired bit size

1/4 cup goat cheese – put in mixing bowl, use either hands or fork to crumble

2 tbs. red onion – thinly slice using mandolin

1/4 cup candied pecans – sauté with butter, add sugar, cook until sugar crystalizes to pecans

Tomato vinaigrette

2 tomatoes

1/4 cup sugar

2 cups blended oil

1/2 cup sherry vinegar

1/4 cup Dijon mustard

3 cloves of garlic

1/2 tbs. of both tarragon and thyme

Salt and pepper to taste

Roast tomatoes in oven for 10 minutes at 350 degrees. In blender, add sugar, sherry vinegar, Dijon, garlic, thyme and tarragon. Blend until smooth. Add tomatoes, and repeat. Slowly, add in oil until fully blended. Add salt and pepper to taste.

Canadian Salmon

Cooked to temperature (Grilled or Blackened)

2.7 oz. portions

Grilled – Season with salt and pepper. Set on grill. Mark by turning salmon after 2 minutes, flip after 4 minutes on one side. Chef recommends medium which should take roughly 7-8 minutes to cook.

Blackened – In sauté pan, put blended oil into pan to fully coat pan. Set on high and let oil come to a steam.

Season salmon with Cajun seasoning on both sides. Place salmon in pan, after oil has come to a steam, by using tongs and dropping salmon away from your body to avoid burns. Cook for 3 minutes on each side of salmon for a perfect, chef recommended, medium.