

Salmon Chinois & Rice Wine Honey Mustard Pineapple Brulee

Serves 6

Salmon Chinois

Salmon filets, pin bones out, center cut.	3	lbs.
Olive oil or Canola	2	tbls.
Fleur de Sel	3	tsp.
White pepper		tt
Parsley, chopped	¼	cup
Chives, chopped	¼	cup
Pistachios, first, chopped medium fine	¼	cup
Pistachios, second, chopped medium fine	¼	cup
Shallots, chopped fine	¼	cup

Oriental Marinade

Rice Wine Vinegar	3	ounces
Soy Sauce	3	ounces
Sesame Oil	1	tbls.
Green Onions, sliced thin	¼	cup
Ginger, fresh, grated	1	tbls.
Lime Juice	2	tbls.

Rice Wine Honey Mustard

Rice Wine	¼	cup
Honey	½	cup
Grey Poupon Mustard	½	cup

Pineapple Brulee

Pineapple, 1/8" dice	2	cups
Brown sugar	3	tbls.
Butter	2	tbls.

Procedures:

Place the salmon filet on a cutting board and with a sharp knife open the file horizontally to just before the back cuts through.

Lay salmon on a oiled foil sheet and open to begin filling.

Chop parsley, chives pistachios and shallots and mix together.

Season filet with salt and white pepper.

Evenly spread chopped herb and pistachio mix over filet.

Beginning with the thicker half of the filet, carefully roll the salmon into a pinwheel.

Slide the salmon pinwheel toward the end of the foil and using the foil roll the foil around the salmon to hold it in shape. Twist ends to secure foil. Let salmon rest for one hour in a refrigerator.

With a sharp knife, cut through the foil in 1 ½ “ intervals.

In a large platter place salmon and marinade for a few minutes on each side.

Heat a small amount of oil in a sauté pan and sear salmon for 1 minute on one side.

Let rest until cool and remove foil wrapper around fish.

Brush a little honey mustard on the top of each fish, place ½ tablespoon of pistachio evenly over each and place 2 table spoons of pineapple on each.

In a preheated 350 degree oven, bake salmon for about 12 minutes.

To serve, place salmon on serving dish or platter and drizzle with more honey mustard.

For the Marinade

Place vinegar, soy sauce and sesame oil in small mixing bowl.

Add thinly sliced green onions, grated ginger and lime juice.

Stir well and refrigerate until use.

For the Honey Mustard

Mix all three ingredients together and chill until ready to use.

For the Pineapple Brulee

Dice pineapple into 1/8” dice.

Preheat a large skillet to medium high heat and add a little oil to sauté.

Add pineapple to pan and cook until slightly brown in color.

Add brown sugar and butter to melt and caramelize.

Remove from heat and let set until ready to use.