

SOLE *to soul*

DINNER WITH
FAMILY IN MINUTES

PAN-SEARED SALMON &
ROASTED PESTO VEGETABLES



WHAT YOU WILL LEARN

How to make a quick & easy, yet nutritious and delicious, recipe for feeding the family when juggling a busy week at the salon.

Patrick Glennon



Patrick 'Paddy' Glennon's experience is as diverse as his passion for protecting the environment. Paddy's 40 years of experience in the food service industry has a broad scope from working as a deck hand on cod trawlers out of Provincetown, Massachusetts to handling fresh fin fish, tunas and swords for shipping and to lead fishmonger at the well-known Superior Seafood Company.

Alongside his current role as lead fishmonger, Paddy also owns and operates with his wife Christina, Clausen Oyster Farm, in Coos Bay, Oregon. Clausen Oyster Farm is the Pacific Northwest's third largest farm and is home to the area's most beloved bay-side restaurant, a feature of the farm. Paddy is a proud & long-time consummate volunteer in the culinary programs at the acclaimed The Ecology Center in San Juan Capistrano.

Patrick 'Paddy' Glennon has been featured on countless radio, magazines, newspapers and television with highlights such as; *Food Network*, *America Now*, *Cutthroat Kitchen*, *Iron Chef America* - TBS Network, *Featured character on Caesar's 24/7 A&E Network and Andrew Zimmern*.

Paddy was a contributing writer for the acclaimed book on farm to table cooking *Community Table*.



Patrick Glennon
CLAUSEN OYSTER FARM
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INGREDIENTS

- 2 cups basil leaves
- 2 cups spinach
- 1/2 cup almonds
- 4 cloves of chopped garlic
- 1/4 cup lemon juice
- 1/2 cup parmesan cheese
- 3/4 cup olive oil
- Salt to taste



INGREDIENTS

- 2 lbs salmon filets
- Olive oil
- Salt and pepper
- Preheat oven to 400 ° F



INGREDIENTS

- Peeled carrots
- Red Potatoes
- Cauliflower
- Olive oil
- Salt and pepper
- Minced garlic

ROASTED VEGETABLES



1 Cut carrots into large chunks of the same size so they roast at the same speed.



2 Potatoes are the most dense vegetable, so cut them into thin wedges for even roasting.



3 Cut cauliflower florets in a larger size than the carrots & potato wedges, since cauliflower is a less dense vegetable & needs to roast in the same time frame.



4 Place all the vegetables on a baking tray & lightly pour oil over them. Then sprinkle over chopped garlic & salt.



5 Sprinkle over your chosen spices with pepper. Patrick uses a cumin & coriander powder mix.

PRO TIPS

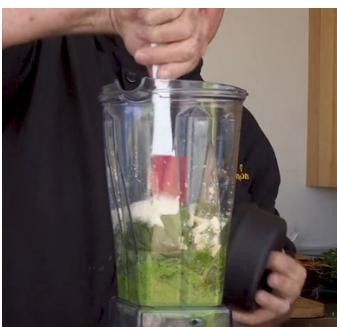
- Toss the vegetables together with the spices & oil, so they are evenly coated in seasoning.
- Cook for 10-15-minutes at 400-450 degrees Fahrenheit.



6 Add all the ingredients to the blender.



7 Add half the oil & blend.



8 Stop the blender & mix it up, combining the wet with the dry, to help it all blend uniformly.



9 Add remaining olive oil halfway through the blending process & add a little salt too.



10 When the pesto is ready, decant it into a bowl.

PAN-SEARED SALMON



11 Season both sides of the fish with salt & pepper.



12 Add olive oil to a heated skillet. Sear the salmon on a high heat for 2-minutes on one side.



13 After 2-minutes flip the salmon raw-side up & place in the oven for around 8-minutes at 400 degrees Fahrenheit.

PRO TIPS

- Bring all meat & fish to room temperature before cooking.
- Cook thin cut fish at a high heat with a low cooking time. When cooked the internal temperature of the fish should be 140 degrees Fahrenheit.



14 Remove salmon & vegetables from the oven.



15 Add vegetables to a large bowl, add the fresh pesto & mix together.



16 Plate the vegetables & sprinkle with parmesan cheese. Then place the salmon on the vegetables, garnish the plate & serve.



In this workbook you have learned how to cook a nutritious meal in a short space of time for the family. This meal is a superb example of a healthy eating option when limited on time after a busy day at the salon.

SPECIAL THANKS

• clausenoysters.com