

# SOLE to soul

SALON TEAM MEALS  
FOR HEALTHY  
LUNCHING



## 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.

### WHAT YOU WILL LEARN

How to make Pasta Salad with fresh Albacore

### INGREDIENTS

- 1lb Rigatoni pasta
- 3lbs fresh Albacore tuna
- 1/2 cup red peppers
- 1/2 cup green peppers
- 1/2 cup yellow peppers
- 1 cup whole Cherry tomatoes
- 1 cup Cannellini beans
- 1 cup fresh Parsley leaves
- 2 cups Artichoke hearts



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*.

## PASTA SALAD WITH FRESH ALBACORE



**1** Cook 1lb of Rigatoni pasta in boiling water



### PRO TIPS

- Don't rinse your cooked pasta. Toss in olive oil after draining to keep the flavors & starch intact.



**2** Cut fresh Albacore tuna into large cubes ready to be poached in oil. Add it to a sauté pan, sprinkle in chosen spices (coriander/cumin/peppercorn/bay leaf), cover in olive oil & apply a low heat.



**Patrick Glennon**  
**CLAUSEN OYSTER FARM**  
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**3** When cooked, place the poached tuna in a serving bowl.

VINAIGRETTE DRESSING

- 1 part acid (vinegar or lemon)
- 1 tbs Dijon mustard
- 2 tsp fresh Thyme
- 2 parts Olive oil from the tuna pan

**4** Create a quick vinaigrette dressing.



**5** Use the oil that poached the fish to make the dressing.



**6** Use a fork to flake up the tuna.

PRO TIPS

- Season the fish with cumin, coriander, pepper, thyme, rosemary or additional spices of your preference.
- Oil-poached fish yields buttery, succulent fish for a quick, healthy meal.



PRO TIPS

- Add in fresh cut vegetables, peppers & beans of your choice.



**7** Add in vegetables & herbs (cilantro & parsley) to the fish. Parsley is one of the most nutritious herbs to use & is often mistakenly used for garnish rather than inside the dish.



**8** Add the pasta to the bowl.



**9** Cover with your homemade dressing & toss it all together.

PRO TIPS

- When making a pasta salad, add extra dressing. Pasta soaks up a lot of dressing, so make the salad wet.



In this workbook you have learned how to create a nutritious pasta salad that is easily prepared, cooked and served. This can be stored and taken into the salon for sharing with colleagues.