



# THE COPPER CHEF COOK-OFF

Presented by *Alaska*

## **Wild Copper River King Salmon** with Minted Quinoa, English Pea Sauce & Wild Morel Mushroom Vinaigrette

**Chef/Proprietor John Howie**

John Howie Restaurants

[www.seastarrestaurant.com](http://www.seastarrestaurant.com) | [www.johnhowiesteak.com](http://www.johnhowiesteak.com) | [www.sportrestaurant.com](http://www.sportrestaurant.com)

**Serves:** 4

### **Ingredients:**

- 1 1/2 pounds Copper River King Salmon Fillet - block cut
- 1 1/2 tsp. Pink Sea Salt
- 3/4 tsp. Black Pepper - fresh ground
- 2 ounces EV Olive Oil
- 2 cups Minted Quinoa - recipe follows
- 1 cup English Pea Sauce - recipe follows
- 6 tbsp. Morel Vinaigrette - recipe follows
- 4 each Pea Tendrils - fresh

### **Procedures:**

Prepare: English Pea Sauce, cool and hold at room temperature

Prepare: Morel Vinaigrette, and hold at room temperature

### **To cook:**

Cut salmon into serving size pieces (4-6), season with black salt and pepper. Heat a sauté pan over med-high heat, once heated add the olive oil. Place the salmon in the pan and cook until slightly crisp, turn over and lower the heat, cook until an internal temperature of 120°, has been achieved.

### **To plate:**

Mound the quinoa in the upper right corner of the plate. Then add the pea sauce around the exterior of the mounded quinoa. Next place the salmon propped up on the mound, and sitting in the puree. Top the salmon fillet with the morel vinaigrette and garnish with the pea vine.

## English Pea Sauce

(Yield: 1 1/4 cup)

### Ingredients:

- 2 tbsp. Olive Oil
- 4 tbsp. Leeks - chopped fine
- 1 tbsp. Shallots - minced
- 1 pound English Peas - fresh, shelled
- 2 cups Vegetable Stock
- 2 tbsp. Mint Leaves - fresh, chopped
- 1/2 tsp. Pink Sea Salt
- 1/32 tsp. White Pepper - ground

### Procedures:

In a sauce pot over medium heat, sauté the leeks and shallots in the olive oil – **don't brown!** Add the vegetable stock. Slowly simmer for 5 minutes, don't reduce. Add the peas and mint and simmer for 5 minutes. Remove from the heat and cool quickly in a shallow hotel pan ice bath. Place the sauce into the blender until completely pureed. Run the soup through a fine mesh strainer, pushing hard to extract as much liquid as possible. Season with the salt, pepper, stir until completely blended, transfer, label and hold refrigerated until needed.

## Morel Vinaigrette

(Yield: 1/2 cup)

### Ingredients:

- 6 tbsp. Morel Mushrooms - fresh, sliced 1/8" thick
- 1/2 cup Water
- 1 tbsp. + 1 1/2 tsp. Shallots - fresh, cut in half, julienne sliced 1/16"
- 1 tbsp. Italian Parsley - chopped
- 2 tbsp. Champagne Vinegar
- 3/4 tsp. Dijon Mustard
- 1/2 tsp. Whole Grain Mustard
- 1/4 tsp. Salt - sea
- 1/8 tsp. Black Pepper - fresh, ground
- 4 tbsp. Extra Virgin Olive Oil

### Procedures:

Place the water in a sauce pot and bring to a boil, pour the water over the mushrooms and let steep for 3-5 minutes. Remove from the water, strain off and reserve the liquid, cool

the mushrooms quickly, on a sheet tray in a refrigerator. Place the strained liquid in the sauce pot and reduce by 90%, and cool. Whisk together the reserved liquid, vinegar, mustard, salt, pepper and oil. Fold in the sliced morels, shallots, and chopped Italian parsley. Hold for a minimum of 2 hours to allow the flavors to blend.

## Minted Quinoa

(Yield: 1/2 cup)

### Ingredients:

- 1 1/4 cup Quinoa - cooked and chilled
- 2 tbsp. Tomatillo - ripe, peeled, and diced 1/8"
- 2 tbsp. Red Onion - peeled, and diced 1/8"
- 8 tbsp. Cucumber - peeled, seeded and diced 1/8"
- 2 tbsp. Extra Virgin Olive Oil
- 1 1/2 tsp. Lemon Juice - fresh
- 1/2 tsp. Lemon Zest - minced, very fine
- 1 1/2 tsp. Red Wine Vinegar
- 1 1/4 tsp. Salt - sea
- 1/4 tsp. Black Pepper - fresh, ground
- 1 tbsp. Italian Parsley - chopped
- 1 tbsp. + 1 1/2 tsp. Mint - chopped

### Procedures:

Combine all ingredients together, and toss lightly. Hold refrigerated until needed.



# THE COPPER CHEF COOK-OFF

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## **Etta's Pit Roasted Salmon** with Grilled Shiitake Relish & Cornbread Pudding

**Executive Chef Eric Tanaka**

Tanakasan

Tom Douglas Restaurants | [tomdouglas.com](http://tomdouglas.com)

**Serves:** 6

### **Ingredients:**

- 6 each 7 ounce salmon filets, preferably wild
- 6 tbsp. Tom Douglas Rub with Love Salmon Rub
- Olive oil as needed
- Etta's Cornbread Pudding (see recipe below)
- Grilled Shiitake Relish (see recipe below)
- 1 lemon cut in 6 wedges
- Fresh basil leaves for garnish

### **Procedures:**

Prepare: Grilled Shiitake Relish

Prepare: Etta's Cornbread Pudding

Prepare: Grilled Salmon

### **To cook:**

Fire up the grill. Coat both sides of the salmon portions using all of the rub. Brush the grill and fish with oil. Grill over direct heat, covered, with the vents open. When the salmon is marked by the grill, flip and finish cooking to the desired doneness. For medium-rare salmon, the total grilling time will be about 10 minutes over direct heat, depending on the heat of your grill. The sugar in the spice rub can easily burn, so watch it closely and move the salmon to a cooler part of the grill if necessary.

### **To plate:**

Spoon the warm cornbread pudding onto 6 plates and rest a salmon fillet up against the pudding. Spoon some grilled shiitake relish over each salmon fillet and garnish with lemon wedges and fresh basil leaves.

# Grilled Shiitake Relish

## Ingredients:

- ¾ pound shiitake mushroom caps, wiped clean
- 3 tbsp. olive oil
- 2 tbsp. minced shallot
- 2 tbsp. minced garlic
- ½ tsp. chopped flat leaf parsley
- ½ tsp. chopped fresh sage
- ½ tsp. chopped fresh rosemary
- ½ tsp. chopped fresh thyme
- 1 tbsp. balsamic vinegar
- 2 tsp. fresh lemon juice
- Kosher salt and freshly ground black pepper

## Procedures:

Fire up the grill. In a bowl, toss the mushroom caps with 2 tablespoons of the oil and a sprinkle of salt and pepper. Grill mushrooms on both sides, over direct heat, until cooked through, about 5 minutes total cooking time. (Unless your mushroom caps are large, you may want to set a rack over your grill or use a grill basket so you don't have any mushrooms falling through the grates.) Remove the mushrooms from the grill and thinly slice. Heat the remaining tablespoon of oil in a sauté pan on medium heat. Add the shallot and garlic and sweat 2 to 3 minutes until soft and aromatic. Set aside to cool. In a bowl, combine the mushrooms, shallot-garlic mixture, herbs, balsamic vinegar, and lemon juice. Season the relish to taste with salt and pepper and set aside at room temperature.

# Etta's Cornbread Pudding

(Yield: 6 servings)

## Ingredients for Cornbread:

- 1 cup all-purpose flour
- ¾ cup cornmeal
- ½ cup grated jack cheese
- 1 tsp. baking powder
- 1 tsp. salt
- 2 large eggs
- 1 cup milk
- 3 tbsp. honey
- 4 tbsp. unsalted butter, melted plus a little more for buttering pan

## Ingredients for Pudding:

- 1 tbsp. unsalted butter plus a little more for buttering pan
- 1 cup thinly sliced onion
- ¾ cup grated dry jack cheese (or substitute regular jack or sharp cheddar)
- 2 tsp. chopped flat leaf parsley
- ½ tsp. chopped fresh rosemary
- ½ tsp. chopped fresh thyme
- 2¼ cups heavy cream
- 4 large eggs
- 1 tsp. kosher salt
- ½ tsp. freshly ground black pepper

## Procedures:

**To make the cornbread**, preheat the oven to 425F. Butter an 8x8-inch baking dish. Combine the flour, cornmeal, cheese, baking powder, and salt in a large bowl. In another bowl, whisk together the eggs, milk, and honey. Add the wet ingredients to the dry ingredients, stirring until just combined. Melt 4 tablespoons of the butter and stir into the mixture. Pour into the prepared pan and bake about 15 to 20 minutes until a toothpick comes out clean. Cut into one inch cubes. You should have about 8 cups of cornbread cubes, but you only need one third of the cornbread cubes (about 2 2/3 cups) for this recipe. (Note: freeze the extra cornbread for future batches of pudding.)

**To make the cornbread pudding**, lower the oven temperature to 350° F. Put the 2 2/3 cups of cornbread cubes in a buttered 8x8-inch baking dish. Set aside. Heat 1 tablespoon butter in a sauté pan on low heat and very slowly sauté the onions until soft and golden brown, at least 20 minutes. Remove from the heat. Scatter the onions, cheese, and herbs over the cornbread cubes. Whisk together the cream and eggs with the salt and pepper and pour over the pan of cornbread cubes. Let sit 10 minutes so the cornbread cubes absorb some of the custard. Bake about 40 minutes or until set and golden. Serve warm.



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## **Copper River King Salmon** with morels, ramps, English peas

**Executive Chef Ethan Stowell**

Ethan Stowell Restaurants | [www.ethanstowellrestaurants.com](http://www.ethanstowellrestaurants.com)

**Serves:** 4-6

### **Ingredients:**

- 4 each 6 ounce portion Copper River King salmon
- 2 cups morel mushrooms, cleaned
- 16 each ramps, stems finely sliced and leaves roughly chopped
- 1 cup English peas, blanched
- 2 tbsp. Butter
- 2 tbsp. Extra virgin olive oil
- Salt & pepper

### **Procedures:**

To make the morels, ramps and peas-

Heat the butter in a sauté pan and add the ramps stems. Sauté until soft, not browned, and add the morel mushrooms, ramp leaves and peas. Cook until all of the vegetables are cooked all the way through, about 3-4 minutes on medium heat. Season to taste with salt and pepper and keep warm until the salmon is cooked.

### **To cook:**

Heat the oil in a large sauté pan over high heat. When the pan is hot season the salmon with salt & pepper and place skin side down. Turn heat to medium and cook until the skin gets crispy, about 4-5 minutes. Turn over and cook on the flesh side for another 3-4 minutes or until the salmon is medium to medium rare on the inside.

### **To plate:**

Place the morels, ramps and peas in the middle of four warm plate and place a piece of salmon on top. Squeeze a few drops of lemon or grate some fresh horseradish over top. Enjoy.