

Recipe TV

Big Eye Tuna and Hamachi with Watermelon and Hearts of Palm

6 oz. sushi-grade big eye tuna, sliced ¼”
6 oz. sushi-grade Hamachi, sliced ¼”
Red Seedless Watermelon
2 stems Lemon Verbena with leaves
Simple Syrup
Indonesian Long Pepper, ground
Hearts of Palm, sliced 1/16” thick
1 oz. Ponzu Sauce
4 oz. Whole Milk
Fleur de Sel

Bring simple syrup to boil and steep lemon verbena in it. Cool and pour over watermelon slices. Drain and arrange slices on plate along with tuna and hamachi. Sprinkle Indonesian pepper on watermelon. Scatter hearts of palm amidst other elements on plate. Heat milk to a simmer and add ponzu sauce. Use an immersion blender to create a froth and spoon this over and between the items you have plated. Re-season the fish with fleur de sel to taste.

Summer Salad of Marinated Beans, Heirloom Tomatoes, Organic Lettuces

2 oz. Haricots Vert
2 oz. Pole Beans
2 oz. Chinese Long Beans
2 oz. Yellow Wax Beans
2 oz. Wing Beans
4 oz. Crème Fraiche
1 Shallot sliced into rings
2T Sherry Vinegar
3 Assorted heirloom tomatoes
Fleur de Sel
Extra Virgin Olive Oil
Togarashi

Remove the ends with a knife and blanch the various beans in salted water until just tender and shock in ice water until cold. After draining all the cooked and cooled beans, toss them with the mixture of crème fraiche, shallots, and sherry vinegar. Slice tomatoes into wedges and season with fleur de sel, black pepper, sherry vinegar and good olive oil. Arrange tomatoes and beans on plate and sprinkle a small amount of togarashi on top to give a hint of spice.

Wild King Salmon, Cranberry Beans, Artichokes, and Clams with Baby Greens

9 oz. King Salmon Fillet, split into three
½ cup Cranberry Beans, out of their pods
1 Carrot, cut into 1” pieces
½ small onion, 1” dice
1 stalk celery, cut into 1” pieces
2 cups Chicken Stock
2 cups Rendered Duck Fat
Baby Artichokes
9 Small Clams
1 piece Boudin Noir, sliced
Baby Arugula Greens
1 oz. Butter
Olive Oil
Sugar
Sea Salt
Fresh Ground Pepper

Saute onion carrot and celery until tender. Add raw cranberry beans and cold chicken stock. Bring to a simmer, cover and cook gently until fully tender. Two hours before cooking, cover salmon with mixture of one cup sugar and one-half cup salt. Place cleaned artichokes in small pot and cover with olive oil. Put on low heat and cook gently until tender. Saute boudin noir in small pot for two minutes, add butter and just cover with water. Simmer for five minutes. Blend until smooth and pass through a fine mesh strainer. Be sure to blend again just before serving. Heat a small sauté pan with one teaspoon of olive oil and add clams. Sauté until open. Spoon some boudin emulsion on plate and place salmon on top. Drain artichokes and add to plate along with beans and finish plate with some pieces of baby arugula.