



Seared Salmon with Kale Slaw and Wasabi Tartar Sauce

A recipe from The Humber Room

Ingredients

2 (2 ounce) fillets of salmon
1 tsp oil (for frying)
1 cup jasmine rice, steamed

For wasabi tartar sauce

$\frac{3}{4}$ tsp wasabi
1 egg yolk
 $\frac{1}{2}$ cup canola oil
 $\frac{1}{4}$ lemon, juiced
1 tsp rice vinegar
 $\frac{1}{2}$ a pickle
 $\frac{1}{4}$ tsp parsley
 $\frac{1}{4}$ tsp coriander
1 tsp green onions
3 shallots
1 clove of garlic
Salt and pepper, to taste

Serves 2

For kale slaw

1 cup of kale, chopped
 $\frac{1}{2}$ zucchini, julienned
 $\frac{1}{8}$ of a red onion, julienned
 $\frac{1}{4}$ red pepper, julienned
 $\frac{1}{4}$ large cooking carrot, julienned
1 clove of garlic, minced
2 tbsps of fresh parsley, chopped

For the vinaigrette

1 tsp champagne vinegar
 $\frac{1}{4}$ cup canola oil
 $\frac{3}{4}$ tsp mustard
 $\frac{1}{4}$ of one egg yolk
Salt and pepper, to taste

Directions

1. To prepare the kale slaw, combine the zucchini, red peppers, carrots, kale, red onions and parsley.
2. To prepare the kale slaw dressing, emulsify the egg yolk, champagne vinegar and canola oil. Add garlic, parsley, mustard, and salt and pepper to taste. Add the dressing to the kale slaw.
3. To prepare the wasabi tartar sauce, use a blender to emulsify the rice vinegar, egg yolk and canola oil. Add the wasabi, lemon juice, pickles, parsley, coriander, green onions, shallots, and garlic. Blend until smooth.
4. Sear the salmon for a minute to a minute-and-a-half on both sides in a smoking hot non-stick pan with oil. Once the fish is seared, put it in the oven at 400°C for six minutes.
5. Steam the jasmine rice and set aside.
6. Plate your fish on top of the kale slaw with wasabi tartar sauce on the side.