

■ Your Farm to People Meal Plan

Generated on August 23, 2025

Total estimated servings: 2

■ Ingredient Storage Guide

Ingredient	Storage Tips
Asparagus	Store according to package directions. Keep in cool, dry place.
Butter	Store according to package directions. Keep in cool, dry place.
Lemon	Store according to package directions. Keep in cool, dry place.
Salmon Fillet	Store according to package directions. Keep in cool, dry place.

■ Your Meal Recipes

1. Test Enhanced Grilled Salmon

Serves: 2 people

Ingredients:

- Salmon Fillet
- Asparagus

Optional Level-ups:

- Lemon Butter (+5 min) - uses: Lemon, Butter

Instructions:

1. Preheat and Prepare

Heat cast iron skillet over medium-high heat until shimmering.

Time: 3-4 minutes

Temperature: 375°F surface temp

Look for: Oil should shimmer but not smoke

■ *High heat creates the Maillard reaction for golden crust*

■■ *If oil smokes, reduce heat slightly*

2. Sear the Salmon

Place salmon skin-side up, press gently for 10 seconds.

Time: 4-6 minutes

Temperature: Internal 125°F for medium-rare

Look for: Salmon releases easily when ready to flip

■ *Even contact ensures uniform browning*

■■ *If sticking, give another 30 seconds*

Mise en Place (Prep):

- **Salmon Fillet:** Pat dry with paper towels (None needed) - *Remove pin bones if present*
- **Asparagus:** Trim woody ends (Diagonal cut) - *About 1 inch from bottom*

■ **Make Ahead:**

Season salmon 30 minutes before cooking for deeper flavor

■ **Variations:**

Try cedar plank grilling for smoky flavor

■■ **Plating:**

Serve on warmed plates with lemon wedge at 2 o'clock position

■ Pantry Staples Needed

- salt
- pepper
- olive oil