

salmon salad with Dill and Ciabatta Herb Toasts

From a cooking class with Phillis Carey, 6/2011



A great use of leftover salmon. Could also be made with tuna (canned in olive oil, not dry packed).

SALAD:

2 pounds salmon fillet, skinless, boneless

2 tablespoons olive oil

Salt and freshly ground black pepper

1 cup celery, finely diced

1/2 cup red onion, finely diced, soaked 20 minutes covered in water with 2T white vinegar added

2 tablespoons fresh dill, minced

2 tablespoons capers, drained and rinsed

2 tablespoons raspberry vinegar

2 tablespoons extra virgin olive oil

6 ounces baby romaine, or other baby mixed greens, or butter lettuce

CIABATTA TOASTS:

8 slices ciabatta bread

3/4 cup unsalted butter, softened

3 tablespoons fresh chives, chopped

1 1/2 tablespoons fresh dill, chopped

2 cloves garlic, minced

1/2 teaspoon salt

Serving Ideas: For smaller appetites, this might serve 6 people.

Servings: 4

1. SALMON: Brush salmon with olive oil and sprinkle with salt and pepper. Grill or broil salmon 10-12 inches below heat, about 15 minutes total time (not necessary to turn it over if slow-broiled) or until cooked through. Cool salmon and then chill.
2. TOASTS: Preheat oven to 375°. Place bread slices on a baking sheet (line with foil). In a bowl combine butter, chives, dill, garlic and salt. Mash to combine well. Spread cut surfaces with herb butter and bake for 8-10 minutes or until golden brown and bubbly.
3. SALAD: Break salmon into very large flakes (pieces about 2 inches in length, 1/2 inch wide, approx.) and place in a bowl. Add the celery, drained onions, dill, capers, vinegar, olive oil. Salt and pepper to taste. Gently toss this mixture about 2 hours ahead of meal time. The salmon will break up into smaller pieces when you mix it up - that's fine - that's why you start with larger pieces.
4. Divide lettuce among 4 plates and mound the salmon on top. Serve 2 toast pieces on each plate.

Per Serving (excluding unknown items): 839 Calories; 57g Fat (60.5% calories from fat); 52g Protein; 31g Carbohydrate; 3g Dietary Fiber; 211mg Cholesterol; 764mg Sodium. Exchanges: 6 1/2 Lean Meat; 1 Vegetable; 9 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>