

Demos | CHANGING YOUR LIFE THROUGH FOOD

Breakfast

OVEN BAKED SALMON WITH SUNNY-SIDE-UP EGGS, GINGER, AND AVOCADO

ingredients

- 4 oz Salmon Filet
- 2 tbs xvoo
- 2 eggs
- ½ tsp grated fresh ginger
- 1½ avocados

steps

- Preheat oven 350°
- Heat non-stick skillet on medium-high heat
- Season salmon filet with kosher salt and black pepper
- Pace 2 tbsp of olive oil in pan
- Place fish skin-side-up in pan, sear for 30 seconds then turn over
- Crack two eggs in pan along with avocado; sprinkle ginger on top
- Place in 350° oven for 5-7 mins



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Lunch

CITRUS PAN-SEARED SALMON WITH SAFFRON VINAIGRETTE, SUNDRIED CRANBERRIES, AND GARDEN SALAD

ingredients

- 2 4oz portions Salmon
- 2 cups baby spinach
- 2 cups chopped romaine
- 2 cups chopped b.b. lettuce
- ½ cup sundried cranberries
- Pinch of saffron threads
- ¼ cup rice wine vinegar
- 1 cup xvoo
- ½ cup blended oil
- 1 clove chopped garlic
- 11 tsp grated ginger
- 10 grape tomatoes cut in half
- 1 cup english sliced
- ½ cup julienne red onion
- Grated lemon and lime zest
- Juice of lemon and lime

steps

- Season salmon with kosher salt and coarse ground pepper; drizzle with oil
- Sprinkle both sides of salmon with lemon and lime zest; set aside
- Combine spinach, romaine, b.b., and vegetables and mix in salad bowl
- Seperate bowl, add chopped garlic, ginger, saffron threads, pinch of lemon and lime zest and juice
- Add ½ cup of rice wine vinegar, slowly drizzle xvoo and blended oil OR whole whiskey
- Season with S+P and taste
- Heat sautee skillet moderate-high heat; place in pan skin-side-down
- Sear for 30 seconds; finish in oven 4 mins at 350°
- Serve on top of salad with saffron vinaigrette

Dinner

SALMON EN PAPILLOTE WITH JULIENNE MIXED VEGETABLES, TARRAGON, AND GINGER, WITH TERIAKI AND TOFU

ingredients

- Zest of half an orange
- 1 tbs grated ginger
- 2 tsp rice vinegar
- 3 tbs soy sauce
- 2 carrots thinly sliced julienne
- 1 cup sliced shitake mushrooms
- 1 red pepper thinly julienne
- 2 tsp toasted sesame oil
- 4 6oz Salmon filets
- 1 packet tofu cut into fourths
- Olive oil to drizzle over packets

steps

- Preheat oven to 425°
- Combine orange zest, ginger, soy sauce, juice of orange, vinegar, sesame oil in a small bowl
- Fold 4 16x12 inch parchment paper squares in half lengthwise
- Drizzle the vegetables evenly along the parchment paper
- Season the vegetables with 1 tbs of ginger marinade
- Place a salmon filet on top of vegetables
- Place tofu square on salmon; season with black pepper and ginger marinade
- Fold the top half of the parchment over the fish; overlap small folds along the edge to seal
- Brush each packet with olive oil
- Bake for 8 to 10 minutes
- Carefully place packet on plates; cut open