



IRONWOOD

GRILLE

Salmon with tropical fruit salsa and Sautéed spinach

Salmon and spinach ingredients

16oz fresh Salmon cut into two 8oz pieces
6oz spinach
1oz minced garlic
2oz pomace olive oil
½ cup dry white wine

Salsa Ingredients

4oz diced pineapple
4oz diced papaya
1oz red onion
2oz diced green pepper
1oz fresh basil
2oz honey
¼ cup red wine vinegar
½ cup extra Virgin olive oil
1oz kosher salt
1 oz table grind black pepper

Preparation:

Making the Salsa: Start by dicing the pineapple, papaya, red onion and bell pepper ¼ in by ¼ in, once you are finished place all ingredients in a bowl. Then add the following ingredients.

1oz fresh basil
2oz honey
¼ cup red wine vinegar
½ cup extra Virgin olive oil
¼ oz salt and ¼ oz black pepper
½ oz garlic
Mix all these ingredients very well and set aside.

For the Salmon Season: your salmon with about ¼ oz salt ¼ oz black pepper, take a Teflon sauté pan and place on the stove on medium to high heat with 1oz of the olive oil. When the oil gets hot (starts to swirl) Place the salmon in the oil cooking it for 3to 5 minutes on each side. Take the salmon out of the pan and let it rest for 2 minutes, in the same pan add 1oz of olive oil (if needed) once the oil is hot add 1 oz minced garlic cooking until golden brown. Once the garlic is golden brown add the 6oz of spinach cooking for 30 seconds before adding the white wine, cook for about 1 minute and pull from the stove. Let the spinach rest for about a minute before serving.

Plating: Place the spinach and cooking liquid on a plate, rest the salmon on top and garnish with the salsa.

Prep time 20 minutes, cook time 10 minutes Yield: 2ppi

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