

BATTLE



SALMON

You don't need to be an iron chef to have your way with a single ingredient

Story and photography by Lindsay Fay

BATTLE SALMON

In the left corner, weighing in at 190 pounds, from Taboo Resort in Gravenhurst, Ontario, wearing chef's whites: Executive Iron Chef Don Potter.

In the right corner, weighing in at 10 pounds, from the Pacific Ocean, wearing scales and omega-3 fatty acids, the challenger: salmon.

The challenge: to create five very different dishes, using one common ingredient.

Whether you have overbought or are just looking for excitement, bringing Food Network's Iron Chef to your own "kitchen-

stadium" is a lot easier than the Chairman makes it look. Chef Don Potter of Taboo Resort conquers the very versatile and very tasty salmon. Chosen for its healthy reputation, and its availability, salmon was an obvious pick for Chef Potter, and can be for you as well.

Most fish can be smoked, poached, steamed, barbecued, pan seared, baked, grilled or even eaten raw. With that type of flexibility, cooking with fish can be easily incorporated into your weekly dining schedule. With healthy advantages like omega-3 and vitamin D, salmon is not only delicious, it works wonders for your brain, heart, circulation and skin.

Salmon isn't the only food with this type of versatility. Many vegetables, proteins and even grains can be cooked in different ways to keep variety in your diet.

Try infusing your fish with beet juice, or



Beetroot-stained salmon

serving it up with other creatures of the sea. By using local ingredients, creativity and a little bit of practice, you could be next up against Iron Chef Don Potter of Taboo Resort. He may have 20 years of professional, international experience, a team of the best chefs in the world and nine kitchens at his will, but you will have courage, Grandma's wooden fish-bonker and the Chairman's iron words: "Let the battle begin!"

Beetroot-stained salmon

4 salmon portions, 7 ounces each
1 lb beetroot
fresh ginger
4 stalks rhubarb
1 cup orange juice
potatoes
35 per cent cream for whipping
seasoning
4 baby beets (optional garnish)

Roast large beets in oven for 1 hour or until soft. When beets have cooled, peel off skin and put in food processor with fresh ginger and purée till smooth (add some water if needed).

Cover salmon for 12 hours in beetroot marinade. Bake salmon in oven at 375 degrees F. for 15 to 20 minutes.

Sweat off the rhubarb (cooking it over low heat in some butter until it gives off juices.) Then add 1 cup of orange juice and stew till cooked through. Put in food processor until smooth and pass through sieve.

Cook potatoes, strain and mash adding cream and seasoning. Arrange salmon on top of potatoes. Arrange rhubarb coulis around the plate and garnish with rhubarb batons and baby beets if desired.

Serves four.

Potato-crusting salmon with ratatouille

2 zucchini
1 eggplant
1 red pepper
1 yellow pepper
1 onion
2 cloves garlic
6 plum tomatoes
tomato paste
fresh basil
fresh oregano
four 7-ounce portions of salmon
Yukon gold potatoes
seasoning



Potato-crusting salmon with ratatouille

Ratatouille:

Dice zucchini, eggplant, peppers, and onions into small pieces. Saute in a sauce pot with olive oil. Dice tomatoes into small cubes and add to vegetables. Chop garlic, basil and oregano and add to vegetables. Let cook on low heat for around 1 hour and season to taste.

Peel potatoes then shred with a grater. Pack in a layer on the top of salmon, cook potato side down in frying pan with oil until golden brown.

Serve potato side up, accompanied by ratatouille.

Star anise salmon

7 tbsp star anise
2-1/2 tsp cumin seed
3-1/2 tsp fresh thyme (or 2 tsp dried)
3 tbsp bay leaf
2 tbsp fennel seeds
2 tbsp white peppercorns
1/2 cup brown sugar
1/3 cup sea salt
1-1/2 tsp olive oil
large fillets of salmon (2 pounds or more), skin off

Mix all seasonings in food processor. Cover salmon and marinate for 36 hours. Slice thinly and serve.

Salmon tartar, scallop ceviche and phyllo prawns

For tartar:

8 ounces salmon
2 tsp olive oil
1 tsp lemon oil
chives
parsley
shallots
seasoning

Finely dice salmon, stir with other ingredients and refrigerate for 1 hour.

For ceviche:

8 ounces large scallops
1-1/2 tbsp lime juice
1-1/2 tbsp lemon juice
1 tbsp olive oil
fresh thyme
seasoning

Mix all ingredients in bowl to cover scallops and refrigerate for 3 hours.

For phyllo prawns:

4 prawns, 6/8 size
white wine
lemon juice
flour
1 egg, lightly beaten
4 ounces phyllo pastry
fryer oil
seasoning

Star anise salmon

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Salmon, lobster and scallops with braised Swiss chard and yuzu, soy and avocado dressing

Poach prawns halfway in white wine, lemon juice and herbs. When cool, dip in flour, then egg. Cut the phyllo pastry into strips and wrap the prawns. Fry in deep fryer at 340 degrees F. until golden brown.

Salmon, lobster and scallops with braised Swiss chard and yuzu, soy and avocado dressing

- 4 scallops
- 4 lobster claws, or 1 lobster tail sliced in four
- 4 portions of salmon, 3 ounces each
- swiss chard
- 3 ounces white wine
- 2 ounces butter
- 1 ounce soy sauce
- 1 cup avocado oil
- 1 ounce juice from yuzu (a small citrus fruit found in Asian grocery stores. If unavailable, substitute lemon or lime juice.)
- seasoning

Pan sear scallops and salmon in oil in a shallow pan until salmon skin is crispy. Poach lobster.

Wash Swiss chard well and braise in white wine and butter. Add seasoning. Drain thoroughly.

Whisk soy, citrus juice and avocado oil together.

Divide Swiss chard and place in the bottom of four shallow bowls. Top each dish with salmon, then lobster, then scallop. Drizzle the dressing over and serve. *BTC*

Chef Don Potter



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