



Quill's Maple Ginger Salmon with Apple & Cabbage Slaw

Yield: 6-6 oz. portions

6-6 oz. Fresh Salmon Fillet Portions
1 ½ Tbsp. Olive Oil
S&P To Taste

Season salmon with salt and pepper. Preheat cast iron fry pan in 400° oven. Quickly remove pan from oven, add oil and salmon, skin side down and return pan to oven. Cook until flesh is solid to the touch (internal temperature 135-140°). Remove and tent to keep warm.

Maple Ginger Sauce:

½ c. Brown Sugar
⅓ c. Fresh Ginger, peeled, sliced, smashed and chopped
1 c. Rice Wine Vinegar
½ c. Maple Syrup
2 Tbsp. Cornstarch, mixed with 2 Tbsp. cold water

In a heavy saucepan, combine sugar, ginger and vinegar. Simmer until reduced by half. Whisk in the maple syrup. Remove from heat. Add cornstarch slurry to thicken. Strain through a fine sieve to remove chopped ginger.

Apple & Cabbage Ginger Slaw

¼ each Red Onion, thinly sliced
1-2 Maine Red Apples, cored and thinly sliced
¼-½ head Green Cabbage, shredded
½ c. Pickled Ginger, chopped
2 Scallions, sliced
¼ c. Olive Oil
½ Lemon, zest and juice
S&P To Taste

Whisk together olive oil, lemon juice & zest. Add remaining ingredients, season with salt and pepper and toss.

To serve: Place warm salmon fillet on serving plate, ladle approximately 2 ounces of maple ginger sauce over each fillet. Top with slaw and garnish with chopped parsley.