

COOKING FOR WELLNESS

June 2022 Recipes











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Easy Salmon Recipe With Rhubarb Sauce

Sweet and savory salmon with rhubarb sauce is a perfect quick and easy meal! Rhubarb season is here and it's time to add this savory and easy salmon recipe with rhubarb sauce to your dinner menu right away!



5 from 2 votes

 Course	Dinner, Lunch
 Cuisine	American, Fish
 Keyword	rhubarb sauce, salmon recipe, sauce for fish
 Prep Time	10 minutes
 Cook Time	15 minutes
 Total Time	25 minutes
 Calories	515kcal
 Author	April B

Ingredients

Salmon

- 7 salmon fillets
- 1/2 tbs grapeseed oil
- salt and pepper for taste

Rhubarb Glaze

- 1 cup of diced rhubarb
- 1 small onion diced
- 2 garlic clove minced
- 1/2 tbs minced fresh ginger
- 1/4 cup sugar
- 1/4 tsp of salt
- 1/4 tsp crushed red pepper
- 2 tbs sweet chili sauce
- 1/2 tbs apple cider vinegar
- 1 tsp rice vinegar
- 1/2 tbs fish sauce
- 1 tbs Worcestershire sauce
- 2 tbs honey
- 1/4 tsp mustard

Instructions

1. Preheat oven to 400F
2. Drizzle grapeseed oil all over each salmon and rub it all over front and back
3. Season salmon with salt and pepper (lightly but just enough for taste)

4. Place the salmon in a 9x13 baking pan. Set to side.
5. Add all of the rhubarb sauce ingredients into a food processor and mix until well combine (I used my nutri bullet)
6. Pour the rhubarb sauce into a medium saucepan over a medium high stove until boiling then simmer for 10 minutes stirring occasionally.
7. Add half the sauce over the salmon and place into the oven for 10 -15 minutes
8. Add the rest of the sauce over the fish and garnish with green onions. (warm up the sauce if necessary before adding it on top of the salmon.)
9. Serve with Jasmine rice (feel free to adjust seasoning if needed.)

Nutrition

Calories: 515kcal

Asparagus-Mushroom Frittata

Sometimes a traditional ingredient is the traditional ingredient because it is simply the best. Authentic Fontina Valle d'Aosta imported from Italy is a fantastic cheese for melting, and domestic varieties really can't compare. It is a bit more expensive, but because the flavor is so rich, a little goes a long way. It harmonizes beautifully with the asparagus and mushrooms in this impressive frittata. That said, the frittata is fine made with any fontina.

This is a dish you would probably make for a special brunch for family and guests, so it may be helpful to know that most of the preparation can be done in advance; then the frittata should be freshly baked and served puffy and golden. While it bakes, you'll have time to set the table, make coffee, tea, fresh-squeezed orange juice, or mimosas, and enjoy yourselves.

Serves 6 to 8

Prep time: 45 minutes

Baking time: 40 minutes

3 tablespoons olive oil, plus more for the pan
3 cups sliced potatoes (½-inch-thick slices)
2 large garlic cloves, minced or pressed
1 teaspoon smoked paprika
1 teaspoon salt, plus more as needed
1 teaspoon butter (optional)
1½ cups chopped leeks, white and tender green parts (1 large leek)
1 pound asparagus
1½ cups stemmed and sliced fresh shiitake mushrooms*
¼ teaspoon freshly ground black pepper
6 large eggs
3 ounces cream cheese
1½ cups milk
1 cup packed grated Fontina Valle d'Aosta cheese
½ cup shredded Parmesan cheese

*We like the taste and chewy texture of shiitake mushrooms in this dish, but cremini or white mushrooms are also fine to use.

Preheat the oven to 400°F. Lightly oil a 9 x 13-inch baking pan.

In a large mixing bowl, toss together the potato slices, 2 tablespoons of the olive oil, the garlic, ½ teaspoon of the paprika, and ½ teaspoon of the salt. Spread out on the prepared baking sheet and roast for about 20 minutes, until the potatoes are tender and beginning to brown. Set aside.

Meanwhile, in a large skillet, warm the remaining 1 tablespoon olive oil and the butter, if using, and cook the leeks with a sprinkling of salt for a few minutes, until softened. While the leeks cook, prepare the asparagus by snapping off and discarding the tough bottom stem ends. Cut the spears into 1-inch-long pieces and add them to the leeks. Cover and cook for about 3 minutes. Stir in the mushrooms, remaining smoked paprika, and black pepper and cook, covered, for a few minutes more, until all the vegetables are tender. Set aside.

Combine the eggs, cream cheese, milk, and remaining $\frac{1}{2}$ teaspoon salt in a blender and purée until smooth. Layer the roasted potatoes in the prepared baking pan. Spread the leek and asparagus mixture on top and cover with the fontina. Pour the egg custard over all and sprinkle the Parmesan on top.

Bake for 40 minutes, or until the custard is set and the top is lightly browned.

Serve hot or at room temperature.

NOTE: At Moosewood, we roast the seasoned sliced potatoes in the morning (and since we don't have sufficient self-restraint to not snag them right off of the baking sheet, we make a little extra for ourselves). Then we sauté the veggies and grate the cheeses, and assemble the frittatas in oiled baking pans with everything but the custard, and cover and refrigerate them. If kept cold, even the custard can be made in advance. About an hour before serving, we pour on the custard and bake this rich frittata. Chilled frittatas may take an extra 5 minutes to bake.



Orange-Pistachio Cornmeal Cake

A gorgeous young woman from Spain got a job at Moosewood a few years ago. Pilar Molina quickly impressed us with her bubbly enthusiasm, her cheerful work ethic, and her knowledge of European cuisines. She really distinguished herself when she began making sophisticated Mediterranean-style desserts for the restaurant. Soon, customers were saying, "Mmmm, delicious. Did Pili make this?"

Drizzled with a fragrant orange syrup and laden with toasted pistachios and that certain distinctive something that fruity extra-virgin olive oil gives a sweet pastry, this Spanish-style cake is dense and moist with a rustic look and "grown-up" appeal. It's simple to put together and is great for a last-minute dinner party.

Yields one 9-inch round cake

Serves 6 to 8

Prep time: 30 minutes

Baking time: 45 minutes

- ¾ cup extra-virgin olive oil, plus more for the pan
- 1 cup sugar
- 3 large eggs
- 1 tablespoon finely grated orange zest
- ½ cup fresh orange juice
- 1½ cups unbleached white all-purpose flour
- ½ cup cornmeal
- ½ teaspoon salt
- 2 teaspoons baking powder
- ¾ cup coarsely chopped toasted pistachios

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- 2 teaspoons finely grated orange zest
- ¼ cup fresh orange juice
- ¼ cup sugar

Preheat the oven to 350°F. Cut a piece of parchment paper to fit the bottom of a 9-inch cake pan. Lightly oil the bottom and the sides of the pan before putting in the parchment paper. Oil the top of the parchment paper as well.

In a large bowl, thoroughly beat together the olive oil and sugar. Add the eggs one at a time and beat after each addition. Beat in the orange zest and orange juice.

In a separate bowl, sift together the flour, cornmeal, salt, and baking powder. Add to the wet ingredients and stir until just blended. Stir in the pistachios.

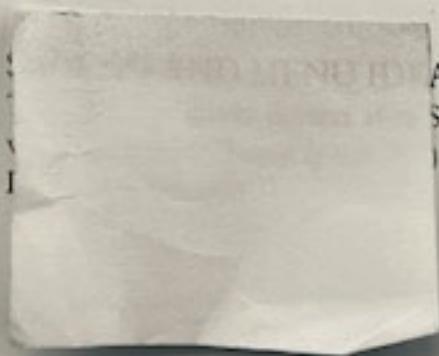
Pour the batter into the prepared pan. Bake until the top is set and the sides begin to separate from the pan, about 45 minutes.

While the cake is baking, make the syrup: Put the orange zest, orange juice, and sugar in a small saucepan. Cook on low heat until the sugar has dissolved. Set aside.

When the cake is done, put the pan on a wire rack and cool for 10 minutes. Remove the cake from the pan and remove and discard the parchment paper. Put the cake back on the wire rack and place a serving plate or baking sheet beneath the cooling rack, to catch any excess syrup. Poke small holes here and there in the cake with a sharp thin knife or a thin skewer. Drizzle the syrup evenly over the cake. Serve warm or at room temperature.

VARIATION

In place of pistachios, use coarsely chopped toasted almonds or hazelnuts.



Summer Stir-Fry
or Bitter Greens