

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Grapefruit Salmon With a Zing

Salmon is easy to fix, in lots of ways. This version adds a bit of salad to make it a more summery meal. Leave out the chiles if you have to; I'll get over it...

1 large ruby red grapefruit

8 oz fresh spinach

8 oz fresh rocket greens

¾ cup white balsamic vinegar

3 Tbsp extra-virgin olive oil

¼ tsp salt

freshly ground pepper

4 salmon steaks, about 4 oz each

1-2 minced red Thai chiles (or Serranos)

1 medium shallot, finely chopped

Peel and section grapefruit over a bowl, catching the juice; you'll need about ¼ cup. Dice grapefruit segments; place segments and greens in a large bowl.

Whisk together 2 Tbsp grapefruit juice, ½ cup vinegar, 2 Tbsp extra-virgin olive oil, salt and pepper to taste in a small bowl. Arrange salmon on a plate; pour ½ cup vinaigrette over salmon (reserving remaining vinaigrette). Let stand 15 to 20 minutes.

Meanwhile, heat broiler. Line a broiler pan or shallow baking pan with foil; brush with oil. Remove salmon from marinade, discarding marinade and place salmon in pan. Broil 8 to 10 minutes. (You shouldn't need to turn the salmon over.)

While salmon is broiling, put reserved vinaigrette in a heavy saucepan and add chiles; reduce by ¼-⅓ over medium-high heat. Mix remaining 2 Tbsp grapefruit juice, ¼ cup vinegar and 1 tablespoon oil in a bowl with the shallots and reduced vinaigrette. Pour over greens; toss to coat. Divide spinach among four dinner plates, top with salmon and serve. A nice, sweet white wine goes well with this dish; say a Moscato. Toasted Parmesan bread (or similar) completes the meal.

Yield: Four servings

Preparation time: 15 minutes, plus 15-20 for marinating the salmon

Cooking time: 10 minutes or so

