

Pan-Seared Salmon

with Candied Orange Peel & Cranberry-Walnut Stuffing

The savory, Thanksgiving-style stuffing we created as a side dish for this seared salmon is dotted with jewel-like cranberries and crunchy walnuts. Its burst of bright citrus flavor comes from fresh-squeezed orange juice. We also candied the peel of the orange by coating it in sugar and caramelizing it in the oven, to create an intensely flavorful garnish that tastes as good as it looks.



Ingredients

- 2 Skin-On Salmon Fillets
- 1 Demi Baguette
- 2 Cloves Garlic
- 1 Orange
- 1 Parsnip
- 1 Stalk Celery
- 1 Yellow Onion
- 1 Bunch Parsley
- 1 Bunch Sage
- 1 Bunch Thyme

Knick Knacks

- 3 Tablespoons Vegetable Demi-Glace
- 1 Tablespoon Sugar
- ¼ Cup Dried Cranberries
- ¼ Cup Walnuts

Makes 3 Servings

About 530 Calories Per Serving

Cooking Time: 35 to 45 minutes

1



Prepare the ingredients:

Preheat the oven to 400°F. Wash and dry the fresh produce. Cut the baguette into ½-inch cubes. Peel and mince the garlic. Using a knife or vegetable peeler, peel off 6 long strips of orange peel, avoiding the white pith; reserve the remaining orange. Peel and small dice the parsnip and onion. Small dice the celery. Pick the parsley, sage and thyme leaves off the stems; discard the stems. Roughly chop the sage, thyme and all but a few parsley leaves (reserve the whole parsley for garnish). Roughly chop the walnuts.

2



Make the orange supremes:

Cut away and discard the remaining white pith of the orange. Cut out the segments (or supremes) from between the membranes; place them in a small bowl. Squeeze the juice from the membranes into a separate bowl; discard the membranes. To the bowl of supremes, add **half the thyme** and 1 teaspoon of olive oil; toss gently to coat and season with salt and pepper to taste.

3



Candy the orange peel & toast the bread cubes:

Place the **bread cubes** on a sheet pan. Bake 5 to 6 minutes, or until browned and crunchy. Transfer to a large bowl; wipe off the baking sheet. Place the **sugar** on a plate. Thoroughly coat the **orange peel strips** in the sugar. Transfer the coated strips to the baking sheet. Bake 3 to 5 minutes, or until slightly browned. (Watch closely as these can burn easily.) Remove from the oven; immediately flip the orange peels over to prevent sticking. Let cool.

4



Start the stuffing:

While the bread cubes toast, in a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic, parsnip, celery and onion**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Stir in the **sage, thyme and chopped parsley**. Cook, stirring occasionally, 1 to 2 minutes, or until well combined and heated through.

5



Finish the stuffing:

Stir the **toasted bread cubes, cranberries, walnuts, reserved orange juice, vegetable demi-glace and 1 cup of water** into the pan of vegetables; season with salt and pepper. Transfer the stuffing to a baking dish and cover tightly with aluminum foil. Bake 9 to 11 minutes, then uncover and bake 9 to 11 minutes longer, or until browned and crisped on the top.

6



Cook the salmon & plate your dish:

While the stuffing bakes, season the **salmon** with salt and pepper on both sides. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the seasoned salmon, skinless side down first. Cook 4 to 5 minutes per side, or until browned and cooked to your desired degree of doneness. Divide the **stuffing and salmon** between plates. Top with the **orange supremes and candied orange peel strips**. Garnish with the **whole parsley leaves**. Enjoy!