

Grilled Salmon with Cucumber-Yogurt Sauce and Warm Potato-Vegetable Salad

Wolfgang Puck Makes It Healthy

Pp. 141-143. Serves 4

Warm Potato –Vegetable Salad

1-pound fingerling potatoes or other small boiling potatoes
Kosher salt
1 cup fresh green beans cut into 1-inch pieces
1 cup Champagne vinegar
1-tablespoon sugar
Freshly ground black pepper
½ medium red onion, cut into ¼-inch dice
¼ cup homemade vegetable Stock or good-quality canned low sodium broth
1-cup cherry tomatoes, halved
1 tablespoon chopped fresh flat-leaf parsley leaves

Cucumber-Yogurt Sauce:

1-cup nonfat plain Greek yogurt
Grated zest of 2 lemons
Juice of 2 lemons
½ cup chopped fresh dill
½ medium red onion, cut into ¼-inch dice
2 English cucumbers, halved, seeded, and cut into ¼ -inch dice
Kosher salt
Freshly ground black pepper

Grilled Salmon:

4 (6-ounce) fresh wild salmon fillets
Extra virgin oil for brushing
Kosher salt
Freshly ground black pepper

To Assemble:

2 tablespoons balsamic vinegar
Fresh baby basil sprigs
Dill sprigs

Several hours before serving, start the Warm Potato-Vegetable Salad:

1. Rinse the potatoes, leaving heir skins on. Put them in a saucepan with enough cold water to cover well and add a sprinkling of salt. Bring to a boil over high heat; then, adjust the heat to maintain a steady boil and cook until the potatoes are just tender enough to be pierced easily with a long metal skewer, about 15 minutes.
2. While the potatoes are cooking, bring a saucepan of water to a boil. Blanch the green beans in the boiling water until tender-crisp, 2 to 3 minutes, then transfer them to a large bowl filled with ice and water and shock them to stop the cooking process. Drain well and set aside. Refill the bowl with ice and water.
3. When the potatoes are done, drain them well, transfer to the prepared ice bath, and leave until thoroughly cooled about 3 minutes.
4. Meanwhile, in a large bowl, stir together the vinegar, sugar, and salt and pepper to taste. Set aside.



5. Drain and peel the potatoes, using your fingertips and, if necessary, a small knife to slip off their skins. Cut each potato crosswise into discs about ¼ inch thick and add them to the vinegar mixture. Add the red onion, toss gently, cover with plastic wrap, and marinate in the refrigerator for 3 to 4 hours. Set aside the blanched green beans along with Vegetable Stock, halved tomatoes, and chopper parsley.

About 1 hour before serving, prepare the Cucumber Yogurt Sauce

6. In a bowl, stir together the yogurt, lemon zest, lemon juice, dill, and red onion. Fold in the cucumber and season to taste with salt and pepper. Cover with plastic wrap and refrigerate.

Prepare the Grilled Salmon

7. Preheat an outdoor or indoor charcoal or gas grill or a broiler
8. Lightly brush the salmon fillets on both sides with olive oil and season lightly with salt and pepper. Grill to the desired degree of doneness, about 4 minutes per side per 1 inch of thickness for medium, 5 minutes per side for medium-well.

While the salmon is cooking, complete the Warm Potato-Vegetable Salad

9. In a sauté pan, stir together the Vegetable Stock and the potato mixture and warm over medium heat. Stir in the blanched green beans, tomatoes (reserving several pieces for garnish), and parsley. Taste and adjust the seasoning with salt and pepper

Assemble the dish

10. Spread some of the Cucumber-Yogurt Sauce on each of four serving plates. Spoon the Warm Potato-Vegetable Salad on top to form even beds. Place a salmon fillet on top of each bed of salad. Spoon more cucumber sauce around each fillet, transferring the rest to a serving bowl to pass at the table. Place the reserved cherry tomatoes on top of the salmon. Drizzle the salmon, tomatoes, and plates with the balsamic vinegar. Garnish with baby basil and dill sprigs. Serve immediately.