

CHBC Demo Recipes

Poached Ling Cod with Smoked Salmon & Sweet Potato Hash

(serves 4)

A

1.5 lb	ling cod (4 x 6 oz pieces)
1 liter	milk
½ cup	white onion (chopped)
½ cup	celery (chopped)
¼ cup	fennel (chopped)
2	bay leaves
1 tbsp	peppercorns
to taste	sea salt and pepper

B

1 lb	sweet potatoes (peeled and ¼ inch diced)
¼ lb	smoked salmon (diced)
1 cup	kale (chiffonade)
¼ cup	red onion (finely diced)
¼ cup	extra virgin olive oil
to taste	sea salt and pepper
1 bottle	Okanagan's Finest Dill Mustard Dressing

- A. Bring milk, white onion, celery, fennel, bay leaves, peppercorns and salt and pepper to a simmer in a large saucepan. Season ling cod and simmer in the milk for 6 - 7 minutes. Remove pan from heat and let stand while cooking the hash.
- B. Pre-heat olive oil in a large sauté pan on medium-high heat. Sauté sweet potatoes until golden and tender. Add kale, red onion, parsley, salt and pepper and sauté one minute longer. Divide between four plates and top with ling cod. Pour on Okanagan's Finest Dill Mustard Dressing to taste. Enjoy!



Okanagan's Finest Foods

product info: 250.717.6018

catering: 250.317.2055

info@okanagansfinest.com

www.okanagansfinest.com



The Ridge Restaurant

3002 Dunster Road

East Kelowna

250.712.9404

klo@k-l-o.com

www.k-l-o.com/ridge