

# CHBC Demo Recipes

## Warm Seafood Salad

### A

- 1 bunch salad greens (Glenmore Garden Market)
- 1 head romaine, heart only (Glenmore Garden Market)

### B

- 2 tbsp extra virgin olive oil
- 1 bulb garlic (sliced) (Glenmore Garden Market)
- 10 oz wild sockeye salmon (1 inch cubes) (Lone Star Seafood)
- 10 oz Albacore tuna (1 inch medallions) (Lone Star Seafood)
- to taste sea salt and pepper
- ½ cup white wine
- 1 cup Okanagan's Finest Dill Mustard Sauce
- ¼ cup cold butter (cubed)

### C

- 1 cup peas, shucked (Glenmore Garden Market)
- 1 cup radish (Glenmore Garden Market)

- A. Place romaine heart leaves and greens on a platter for 4.
- B. Preheat a large frying pan on medium-high heat. Add olive oil and garlic, and sautee for 2-3 minutes. Add fish and cook 2 minutes. Flip and cook 2-3 more minutes. Fish should be no more than medium rare. Place fish on lettuce and return the pan to the heat. Deglaze with white wine, add Dill Mustard Sauce and bring to a simmer. Add butter and stir continuously until melted, pour over fish salad.
- C. Garnish with C and dig in!



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