

## **Pan Seared Salmon with fresh fennel and granny smith apples**

Chef Judi Gallagher

2- 6 ounce portions of salmon fillet, cleaned, boned and skin on  
2 teaspoons canola oil  
Kosher salt and fresh ground white pepper to taste  
2 Tablespoons pure maples syrup  
2 Tablespoon Dijon mustard  
2 head fresh fennel cut and sliced thin  
4 cups fresh baby spinach  
2 granny smith apples grated  
Very high quality olive oil  
1 teaspoon fresh lemon juice

Heat non stick pan to medium high heat (or pre heat grill and prepare cedar plank)

Season salmon fillet.

Set aside

Whip maples syrup, Dijon mustard and canola oil with a wired whisk.

Brush over salmon and let salmon rest for 10 minutes

Sear salmon at medium high heat approx. 4 minutes per side. Peel off skin once the salmon is seared from the skin side to keep in moisture

(If you are grilling on a cedar plank cook at medium heat for approx 16-20 minutes).

Slice fennel very thin. Toss with fresh lemon juice and kosher salt. Grate peeled apples at the last minutes before you plan to serve.

Quickly toss fresh spinach in a pan until slightly wilted.

Top spinach with sliced fennel and apple

Drizzle with olive oil, 1 teaspoon lemon juice and season with kosher salt and fresh ground pepper.

Serve at once.

If you want to add more flavor. Toss ¼ cup crumbled bacon into the spinach. The maple flavor from the salmon marries beautifully with the smoky bacon flavor

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