



JOHN LIVERA  
EXECUTIVE CHEF/OWNER  
RED BARN CULINARY

## PAN ROASTED NORWEGIAN SALMON

WITH GRILLED ZUCCHINI, BASIL INFUSED  
BEANS AND TOMATO BRUSCHETTA

SERVINGS: 4  
PREP TIME: 10 MINUTES  
COOK TIME: 10-15 MINUTES

### ABOUT CHEF LIVERA

John Livera is a culinary consultant with over 25 years of experience in the food and beverage industry. John specializes in seafood and works with the Norwegian Seafood Council for the education and promotion of sustainable products in the United States.

### INGREDIENTS

1.5lbs. (.7kg) Norwegian Salmon cut into 6oz (180g) portions  
2 each globe tomatoes, scored and cored  
1 each clove garlic, minced and mashed with salt  
1oz (30g) balsamic vinegar  
½ bunch basil, pureed with olive oil  
2 each green zucchini, sliced ¼" (6mm) on the bias

¼ bunch tarragon, minced  
1 each medium Spanish onion, small diced  
1 16oz (.45kg) can navy beans, drained and rinsed  
Olive oil  
Kosher salt  
Ground white pepper

### DIRECTIONS

1. Preheat an oven to 350°F (177°C)
2. Bring a medium sauce pot filled with water to a boil, prepare an ice bath
3. Blanch the scored and cored tomatoes for 5-6 seconds, transfer into the ice bath, after 10 seconds, peel the skin off the tomato
4. Cut the tomato into quarters, cut the flesh of the tomato, remove any remaining seeds, slice into ¼" (6mm) strips, then dice into ¼" (6mm) dice, place in a small mixing bowl, add in the balsamic vinegar and 1oz (30g) olive oil, season with kosher salt
5. In a small bowl combine the minced tarragon with 1oz (30g) olive oil
6. Generously salt the sliced zucchini on a sheet pan lined with parchment paper (or waxed paper) let sit for 5 minutes
7. In a small sauté pan add 1oz (30g) olive oil over medium heat sauté the onion until translucent, add the white beans and ½ cup (120g) water, bring to a low simmer, reduce by 2/3 and add in 1oz (30g) basil puree, keep at a low simmer, reduce until almost dry
8. Using a preheated grill pan, brush the salted zucchini with the tarragon oil and grill each side for 2-3 minutes, brushing the zucchini after you have turned them over
9. Generously sprinkle kosher salt over the 4 portions of salmon, allow to sit while the pan preheats
10. In a large preheated sauté pan over high heat add 2oz (60g) olive oil, sear the salmon flesh side down, allow to cook for 1-2 minutes until a golden brown sear has formed, turn the salmon and place into a preheated 350°F (177°C). Cook until desired temperature
11. While the salmon is in the oven plate the basil infused white beans on the plate, grilled zucchini and when the salmon has reached your desired temperature place the salmon flesh side up and garnish with the tomato bruschetta

