



Recipe of the Month: Salmon for the season from Zeugma Mediterranean Grill



*Salmon at Zeugma Grill pleases the palate. COURTESY STEVEN
DESALVO*

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For Montclair Local

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University of Delaware, and has worked extensively in restaurants and hotels. If there's something you want to know how to make, or you've eaten a dish at a local restaurant you're dying to make at home, drop us a note at culture@montclairlocal.news.

One of my favorite things to eat at any time of the year is salmon. It has this amazing ability to be perfect for every season: filling and comforting in the cold months, as well as light and clean in the warm months. Executive Chef Can Alp from [Zeugma Mediterranean Grill](#) at 40 South Park St. is serving up a salmon preparation that works well at any time of year, and can easily be made for a crowd (this recipe serves eight).

Be sure to stop in to Zeugma for a lovely taste of Mediterranean cuisine exhibited in its many menu options! The recipe below is broken down into steps to make the whole process a little bit easier. The components can be made earlier and then reheated when ready to put the final product together.

Wild Salmon with Roasted Artichoke Puree

Marinated salmon ingredients:

3 pounds salmon loin

1 tablespoon Dijon mustard

1 clove garlic

1 cup olive oil

Juice of 1 lemon

Salt and black pepper to taste

Marinated salmon process:

2. Mix up the ingredients for the marinade and place them on the salmon, cover it and keep refrigerated for 1 day.
4. Remove from fridge and let rest to room temperature before cooking. Cook to your desired temperature in a medium sauté pan in olive oil and butter.

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[READ: RECIPE OF THE MONTH; THAI BEEF SALAD FROM SLA THAI](#)

Roasted artichoke purée ingredients:

1/4 cup olive oil

1 large white onion, Julienned

2 cups cream

3 cloves garlic, minced

4 fresh artichokes, peeled down and cleaned

Juice of 1 lemon

1 teaspoon nutmeg powder

1 teaspoon sugar

Salt and black pepper to taste

Roasted artichoke purée process:

2. Heat up the olive oil in a pan.
4. Add the onion and garlic, sauté over med heat until caramelized being careful not to burn the garlic. 3. Add the artichokes. Mix together on high for 2 minutes.
6. Add all of the spices and the cream, stir and let simmer for 25-30 minutes.
8. Remove from heat and blend using a food processor or immersion blender.

Spicy tomato sauce ingredients:

1/4 cup extra virgin olive oil

1 1/2 teaspoons crushed red pepper flakes

1/2 teaspoon fine grain sea salt

3 medium cloves of garlic, finely chopped

1 28-ounce can crushed red tomatoes

Zest of one lemon

Mexican chili pepper

1/2 teaspoon sugar

Spicy tomato sauce process:

2. Combine the olive oil, red pepper flakes, chili pepper, sea salt, and garlic in a cold saucepan.
4. Stir while you heat the saucepan over medium-high heat, sauté for just 45 seconds or so until everything is fragrant – you don't want the garlic to burn.
6. Stir in the tomatoes and heat to a gentle simmer, this takes just a couple minutes.
- 4, Remove from heat and carefully take a taste (you don't want to burn your tongue) ...If the sauce needs more salt add it now!

Truffle bread crumbs ingredients:

1 loaf brioche bread

1 cup white truffle oil

1/2 teaspoon smoke paprika

1/2 teaspoon celery salt

1/2 teaspoon turmeric powder

Truffle bread crumbs process:

2. Slice bread and drizzle with truffle oil and spices.
4. Mix everything together. Put the mixture in a 100 degree oven for 30 minute to toast. When finished remove and blend.

Presentation:

The restaurant places the artichoke purée on the plate first. Then puts the salmon on top of it with a healthy dose of olive oil. The spicy tomato sauce and the bread crumbs are placed on the side of the fish!