

Alaska Salmon Osso Bucco by Chef Adam Hegsted



Preparation Time: 25 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients:

1 medium russet potato
2 Tablespoons canola oil
14 oz. Alaska Sockeye Salmon, skin on
Salt and Pepper, to taste

Sauce:

1 cup chianti wine
1 cup fish stock
2 Tablespoons brown sugar
2 Tablespoons minced onion
1 clove of garlic, sliced
1/2 teaspoon chopped fresh rosemary
1/2 teaspoon chopped fresh parsley
1/2 teaspoon salt

Gremolata:

1 teaspoon lemon zest
1 teaspoon chiffonade Italian parsley
1/2 teaspoon grated (or finely minced) garlic

Description:

To make the “bone” of the Osso Bucco, bring a small pot of salted water to a boil. Peel potato. Using a paring knife, cut potato in half crosswise and smooth out edges. Scoop out centers almost all the way to the bottom, taking care not to puncture through. (The finished result should be a cylinder, approximately 2 inches tall and 1-1/2 inches wide, and resemble an Osso Bucco bone.) Place potatoes in boiling water and cook until lightly softened, about 5 minutes. Remove and chill while working on salmon.

To prepare Osso Bucco, cut salmon into 4 pieces, each about 3 inches long and 3.5 ounces. Wrap fish, skin side out, around the “potato bone” by laying 2 pieces on their side, top to bottom. Truss with butcher’s twine to secure, making sure twine is tight enough not to slip.

Heat canola oil in a sauté pan over medium-high heat. Season fish with salt and pepper. Sear fish on the “potato bottom” side first, until lightly golden, about 2 to 3 minutes; flip and repeat. Add wine, fish stock, brown sugar, onion, garlic, rosemary, parsley and salt. Cook 4 to 5 minutes or until fish is cooked almost throughout. Remove fish; keep warm. Reduce pan sauce until nicely thickened, about 5 minutes. In a small bowl, combine the zest, parsley and garlic to make the Gremolata.

To serve, place fish onto plates, gently snip and remove the twine. Drizzle on the sauce and top with Gremolata.