



Wild Salmon, Pomegranate Salsa & Curried Butternut Squash Purée

Fall is one of our favorite seasons at Tres Estrellas Farm. It is a time to enjoy the sweetness of pomegranate, the creaminess of butternut squash, and the pureness of basil and parsley.

This recipe will inspire you to prepare a beautiful yet easy-to-prepare Thanksgiving feast at home. With great pleasure, our Rancho La Puerta Culinary Team shares one of our favorite seafood dishes to celebrate the holidays, from our kitchen to your heart!

Ingredients

1 lb. salmon filets, skinned
1 Tbsp Dijon mustard
½ cup pumpkin seeds, toasted and chopped
1 lb. butternut squash, peeled and cubed
2 cups cauliflower florets
2 persimmons or apples, peeled and cored
4 cups vegetable broth
1 Tbsp. yellow curry powder
¼ cup organic butter or olive oil
Salt and pepper, to taste
¼ cup avocado or olive oil
½ cup green onion, sliced
6 garlic cloves, minced
1 inch ginger, minced
¼ cup apple cider or sherry vinegar
1½ cups pomegranate arils
1 red bell pepper, charred and finely diced
½ cup small basil leaves
½ cup small parsley leaves

Method

1. Preheat the oven at 375°F or turn on the grill. Place the salmon filets on a platter or large dish and rub with Dijon mustard and sprinkle with toasted pumpkin seeds to create a crust. Reserve refrigerated until ready to cook. Soak a plank in water if you want to add a nice smoky flavor. You can either grill or bake the salmon.
2. Place the butternut squash, cauliflower and persimmons in a pot and cover with vegetable broth, add salt to taste and cook for 15 minutes or until soft.

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3. Drain the liquid from the pot and place into a blender, add the curry powder, butter, salt, and pepper to taste. Blend until smooth, you should have a creamy texture, slightly thicker than a sauce. Reserve the purée in a saucepan covered until ready to serve.
4. Heat a sauté pan with some avocado or olive oil and sauté the green onion, garlic, and ginger until fragrant and crispy. Place in a bowl and allow to cool down at room temperature.
5. Combine the sautéed ingredients with the vinegar, pomegranate, roasted bell pepper, and fresh herbs. Season to taste with salt and pepper and reserve at room temperature.
6. Place the salmon on top of the soaked plank and bake in the oven for 5-7 minutes until roasted. Remove from the oven and add on top of a spoonful of the curried butternut squash purée, top with the pomegranate salsa and garnish with fresh herbs and edible flowers.

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