



Salmon with Orange Salsa and Pomegranate Glaze

NIBBLEDISH CONTRIBUTOR

Ingredients

Salmon

2 pounds salmon, cut into fillets
Kosher salt
Black pepper
Olive oil

Salsa

1 large avocado, chopped
1 medium red onion, chopped
1 large navel orange, chopped
2 vine tomatoes, deseeded and chopped
1 persian cucumber, chopped
Juice and zest of 2 limes
4 cloves garlic, minced
1 serrano pepper, minced
2 teaspoons agave nectar
1 teaspoon kosher salt
1/3 cup fresh cilantro, chopped
3/4 teaspoon cumin seeds

Polenta

1 cup ground yellow corn meal
2 cups fennel bulb, chopped
4 ounces queso fresco, crumbled
1/3 cup fresh cilantro, chopped
2 tablespoons kosher salt

Glaze

1 cup pomegranate juice

2/3 cup port wine
Juice of 1 large navel orange

Instructions

1. Mix all of the ingredients for the salsa in a medium bowl. Place in the fridge to meld.
2. Prepare the polenta according to the package directions. Just after stirring the cornmeal to the water, drop in the fennel, queso fresco and salt. Cook according to the package directions. Stir in the cilantro just before serving.
3. As polenta cooks, mix all of the ingredients for the glaze in a shallow sauce pan. Heat over a medium low flame until it thickens slightly, approximately 10-15 minutes. Stir occasionally.
4. As the polenta and glaze finish up, season the salmon on both sides with salt and pepper.
5. Drizzle a bit of olive oil into a grill pan. When hot, add salmon. Cook on both sides to desired taste, approximately 4-6 minutes per side.
6. Serve fish over hot polenta. Top with a bit of salsa and drizzle with glaze.