

# THE SPINSTER SISTERS

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## Wild King Salmon with Summer Vegetable Ragout and Tarragon-Basil Sauce Verte

*Paired with J. Rickards Winery 2018 Sauvignon Blanc, Croft Vineyard*

### Ingredients:

Serves 4

**Note:** Make the Sauce Verte ahead and hold in the refrigerator until an hour before the meal and then allow to come to room temperature. For the ragout- the vegetables used are what are in season in Northern California in early August, but they are a suggestion- feel free to substitute other seasonal vegetables as you like.

1.25 lb Wild King salmon, cut into 4 equal pieces, lightly seasoned with salt (skin-on preferred)

### For the Ragout:

2 ears of yellow corn, kernels removed from the cob

1 cup diced summer squash

¼ cup fresh pole beans (blue lake, yellow wax, Romano, haricot vert, etc), ends removed and cut into 1" pieces

¼ cup diced red onion

½ cup canned cannellini or borlotti beans

3 Tbs pancetta, diced

1/2 cup heirloom or cherry tomatoes, diced or halved

1 cup Chard, de-stemmed and thinly sliced

1 garlic clove, thinly sliced

½ cup Sauvignon blanc

1/2 cup heavy cream

8 large basil leaves

2 Tbs minced chives

Salt and Pepper

Heat the Oven to 375 degrees.

**Procedure:** Heat a large saucepan over medium heat, then add 1 Tbs olive oil. Add the red onion and pancetta, and sauté, stirring often for 2 minutes. Add the summer squash, pole beans and the garlic cloves, and continue to sauté. Once the zucchini has gotten a little color- add the corn and ½ tsp kosher salt and continue to cook for 3 minutes, stirring occasionally. Next add the chard and give a few stirs- and once the leaves begin to wilt, add the tomatoes and deglaze with the Sauvignon blanc. Bring to a simmer and allow most of the liquid to reduce.

Add the white beans and cook long enough to to heat through. If the pan begins to dry out, add a splash of water. Taste a bite of the mixture to determine if all of the vegetables seem just cooked through. Turn off the heat and set aside.

Heat a large oven-proof sauté pan over medium-high heat, add 2 Tbs of a neutral oil, and once the oil is hot, then add the salmon to the hot oil, skin side down. Allow to cook for 3 minutes, and then place the pan into the oven for 6-8 minutes, until the fish appears to be just cooked through. Place back onto the stove top, and carefully use a spatula to flip over the salmon pieces, so the skin is right side up- and allow to cool slightly while you finish the vegetable.

Return the vegetables to the heat, bring back to a simmer, and then add the cream, simmer for 1-2 minutes and remove from the heat once the mixture has reached a good texture. If it looks at all greasy, add a tablespoon or 2 of water, and cook a bit longer, while stirring. Tear the basil leaves and stir in, add a few grinds of pepper, and taste and adjust the salt.

Plate the Ragout on a shallow platter or bowl, top with the salmon pieces and drizzle with the Sauce Verte.

**Sauce Verte:**

2 anchovies  
2 Tbs Capers  
1 cups lightly packed parsley leave's  
1/2 cup lightly packed mint leaves  
1 cup lightly packed basil leaves  
¼ c lightly packed tarragon leaves  
½ c minced shallots  
1 small garlic clove, minced  
2 Tsp grated lemon zest  
1 Tsp fresh lemon juice  
1/8 tsp crushed red pepper  
½ c extra virgin olive oil  
Salt to taste

**Instructions:** In the food processor, combine all of the ingredients except the olive oil and salt and pulse until finely chopped. Drizzle in the olive oil and process until a smooth sauce forms. Season with salt. (Can be made ahead and stored in the refrigerator with plastic wrap pressed directly onto the surface).

