



THIS IS THE MONTEREY PENINSULA

A close-up photograph of a chef's hand holding a metal spoon over a pan on a stove. The pan is filled with a liquid that is flaming, with bright orange and yellow flames rising from it. The background is a blurred kitchen setting.

TOP CHEFS

OF THE MONTEREY PENINSULA

Chamomile Poached King Salmon with Brazil Nut Herb Pesto

Executive Chef: Justin Cogley

Salmon

1 Lb. King Salmon (filet, skin and pin bones removed.)
½ Lb. Parsley, tarragon, chives, dill, fennel fronds (left whole)
1 Head of fennel chopped
3 T Chamomile loose-leaf tea.
2 Gallons water

Pesto

4 whole shallots (roasted at 350° in skins for 35 minutes. Let cool and scoop out middle)
¾ C Grape seed oil or similar
4 T Brazil nuts (untoasted)
Process in a blender or food processor until a smooth puree is achieved (Make sure it's not too hot). Add:

1 quart spinach (raw)
Next add:

1 T Chives (chopped)
1T Cilantro
4 T Parsley
1 T Tarragon
4 T Mustard green
4 T Chervil
1 T Mint
½ T Salt

Blend for 2 minutes or until herbs are incorporated. Put into a clean deli container (or similar) and top with olive oil.

Method

Bring water to a rolling simmer in a large saucepan. Add all ingredients except half of the herbs and let steep for 4 minutes. Bring back up to a simmer. Lay the salmon in a large baking dish, season with salt and pepper. Next, lay the rest of the whole herbs on the salmon. Pour the simmering water unstrained around the salmon and let sit for 15 minutes (for medium rare) or leave in the simmered water longer for desired doneness. Carefully take the salmon out and lay on a platter. Season with lemon juice and salt to taste. Serve the herb pesto on the side and spread on the fish.

Wine Pairing: 2011 Boekenoogen Santa Lucia Highlands Estate Pinot Noir

JUSTIN

AUBERGINE

the restaurant at

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CARMEL

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