

Seared Salmon & Asparagus Fettuccine

1 1/2 lbs fresh Oregon Troll-Caught Salmon, cut into bite size pieces
3 tbsp peanut oil
Flour
3 tbsp butter
2 tsp fresh chopped garlic
1 lb asparagus, in bite size pieces and blanched
2/3 cup of fish or chicken stock
1 lb fettuccine, cooked and drained
1/2 cup parmesan cheese, shredded or grated

Season the flour with salt & pepper, and dredge the salmon pieces in it, shaking off the excess. Heat the peanut oil in pan over medium high. When preheated, add the floured salmon pieces. Brown them on all sides and remove them to a paper towel to drain.

Wipe out the pan and lower the heat to medium. Add 1 tbsp of the butter and the garlic. Sauté for 1-2 minutes and add the salmon and the asparagus. Add the stock and bring to a boil. Add the rest of the butter and reduce until sauce thickens. Gently toss with the fettuccine until warmed through. Top with the parmesan and serve immediately.

(Courtesy of Chef Eric Jenkins – OSU Seafood Consumer Center)