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## Steamed Salmon with Green Goddess Dressing

### Ingredients:

2 six oz. salmon fillets	1 cup of dry white wine
1 large yellow onion, cut into thick slices	2 tarragon sprigs
6 cups of water	6 peppercorns
1 lemon, squeezed into poaching liquid	1 bay leaf
	salt and pepper

In a sauce pan, combine all ingredients except the salmon. Bring this to a boil and let it boil for 20 minutes. Reduce the heat to a simmer, just some small bubbles. Now flavor the salmon with salt and pepper and add the fish with its skin down, if it has skin. The water should almost cover the fish. Keep the water at a simmer and cover for 8-10 minutes. If you have a large fillet, go to 10 minutes.

### Dressing Ingredients:

1 inch of Anchovy paste	2 tablespoon chopped chives
1 medium garlic clove smashed and chopped	2 tablespoons fresh squeezed lemon juice
1 cup of mayo	kosher salt
1/2 cup sour cream	ground pepper
1/2 cup loosely packed Italian Parsley	
1/4 cup fresh tarragon	

Place all ingredients in a processor or zap it! Drizzle over the salmon or a salad!

### Lemon Vinaigrette:

1 glove of garlic, smashed	pinch of dried parsley
2 tablespoons of lemon juice	pinch of dried thyme
1 teaspoon Dijon mustard	salt and freshly ground pepper to taste
5-6 tablespoons oil (vegetable, corn, canola, olive or some combination)	

In a clean jar or small bowl, add the lemon, garlic, and mustard and mix well. Slowly add the olive oil while either whisking or stirring rapidly with your fork. Add the parsley and thyme, salt and pepper, taste and adjust seasonings.



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## Spring Minestrone with Chicken Meatballs

### Meatball Ingredients:

8 oz. ground chicken	2 minced garlic cloves
1/2 cup breadcrumbs	2 tablespoon chopped chives
3 tablespoons grated Parmesan Cheese	1 egg
	salt and pepper

Combine all ingredients in a bowl and mix well. Roll out the balls into a small size, remember you want them to fit on a spoon. This should make about 20-25 meatballs. Sauté the meatballs in olive oil to get a crust on them or you could broil them. You want a coat on them because they will eventually go into the soup to finish cooking.

### Soup Ingredients:

1 leek, sliced	1/4 cup chopped basil
5 cups of chicken broth	3 tablespoon Parmesan Cheese
3/4 cup of ditalini or smaller pasta	
1 cup of carrots	3 sliced garlic cloves
1 cup of packed baby spinach	

Cook the leek till they soften and add the garlic. Add broth and 2 cups of water. Bring this to a boil and stir in the pasta and carrots. When the pasta is al dente add the meatballs and cook for another 3-5 minutes. Add the spinach and the cheese. When the spinach is wilted, check your seasonings and add the basil. Feel free to use other vegetable too. Garnish with more cheese.