



MONTANA SUMMER SALAD

SUBMITTED BY: STEPH AND ERIK HYSTAD

Ingredients:

see the attached pic below for recipe and ingredients. We changed it from Oregon to Montana by using huckleberries instead of blueberries and Hutterite chicken instead of salmon (cooked with an herb mixture provided by our CSA.) We got all the ingredients except for the nuts from our CSA and/or local farmers market.

Instructions:

OREGON SUMMER SALAD WITH GRILLED SALMON

SERVES 2

for endless summer nights

When we visit the Portland Farmers Market in the summertime, here's what you'll find in our basket: wild salmon, asparagus, berries, hazelnuts, artisan goat cheese, arugula, farm-fresh eggs, and a loaf of bread from a local bakery. Years ago, Elyse decided to combine all these seasonal favorites into one salad (minus the eggs), and our beloved Oregon Summer Salad was born.

When the evenings are just too perfect to be spent inside cooking, we find ourselves making this quick and easy salad on a near weekly basis. We like to toss the salmon on the grill, but it can also be cooked in minutes under the broiler. Or if you want to get dinner on the table pronto, buy hot-smoked (already cooked) salmon—and the asparagus can be sliced thin and left raw, or substitute any assortment of leftover grilled veggies.

1 tablespoon olive oil
¾ pound wild salmon or arctic char, cut into 2 fillets
½ pound asparagus, trimmed
½ teaspoon coarse sea salt
¼ teaspoon freshly ground black pepper
3 cups loosely packed arugula or other salad greens
½ cup blueberries
½ cup chopped toasted hazelnuts (or Wildwood Hazelnuts, page 65)
½ cup crumbled goat cheese or feta cheese
1 recipe Basic Balsamic Vinaigrette (page 169)

1. Preheat the grill to medium-high or preheat the broiler with an oven rack set on the upper shelf.
2. Drizzle the oil over the salmon and asparagus and sprinkle with the salt and pepper. Grill the salmon until opaque, 2 to 3 minutes per side, depending on the thickness of the fillet. At the same time, grill the asparagus, rotating frequently, until lightly charred, 3 to 4 minutes. Remove to a clean plate. Alternatively, place the salmon and asparagus on a baking sheet lined with foil. Cook under the broiler until the salmon is opaque, 6 to 10 minutes (depending on the thickness of the fillet), and the asparagus is lightly charred, 3 to 4 minutes (rotating frequently). If the asparagus are done, but the salmon needs more time, remove the asparagus to a cutting board and return the salmon to the oven.
3. Pile 2 large salad bowls with the arugula or salad greens. Top with the blueberries, hazelnuts, and cheese.
4. Slice the asparagus into 2-inch pieces. Top each salad with a salmon fillet and the asparagus and drizzle with the dressing. Serve with a slice of crusty bread, if desired.