



# Salmon Sandwich

Yields: 4 Servings

## INGREDIENTS

US	Metric		Herb Mayonnaise		
1.5 Lbs	700 g	<b>Salmon</b>	6 Tbsp	90 mL	<b>Mayonnaise</b>
4 Each	4 Each	<b>Brioche Buns</b>	2 Tbsp	30 mL	<b>Honey</b>
10 oz	285 g	<b>Bacon 8 pieces</b>	1 Tbsp	15 mL	<b>Lemon Juice</b>
1 oz	30 g	<b>Arugula</b>	1 Tbsp	15 mL	<b>Chopped Parsley</b>
1 ea	1 ea	<b>Lemon</b>	1/2 Tsp	2.5 mL	<b>Chopped Rosemary</b>
1 Tsp	5 mL	<b>Salt</b>	1 Tsp	5 mL	<b>Black Pepper</b>
1/2 Tsp	2.5 mL	<b>Black Pepper</b>	1 Tsp	5 mL	<b>Kosher Salt</b>
2 Tbsp	30 mL	<b>Honey</b>	1/2 Tsp	2.5 mL	<b>Red Chile Flakes</b>
4 Tbsp	60 mL	<b>Butter</b>	1/2 Tsp	2.5 mL	<b>Lemon Zest</b>
2 Tbsp	30 mL	<b>Olive Oil</b>			

## DIRECTIONS

- Step 1. Make Herb Mayonnaise.** Finely chop herbs. Use a Microplane grater to zest lemon. Then combine ingredients in a mixing bowl and whisk together. Store in refrigerator until sandwich assembly.
- Step 2. Cook Bacon.** Lay bacon strips on a baking sheet lined with parchment paper. Bake at 350 F/ 175 C for 10-15 minutes. Remove from oven and place bacon on paper towel to absorb excess grease.
- Step 4. Prepare Salmon for cooking.** Remove the skin from your salmon by running a chefs knife between the skin and salmon fillet. Remove all scales and pin bones. Portion into 4-5 ounce pieces, cutting fillets on a bias will create a more uniform thickness. Pat salmon dry with a paper towel and season with salt and pepper.
- Step 3. Toast Buns.** Place a large saute pan over medium heat and allow it a few minutes to warm up. Melt 2 Tbsp of butter and place your buns in the pan for 2-3 minutes to toast the internal sides.
- Step 5. Cooking the Salmon.** In the same pan, increase heat to medium high, add 2 Tbsp of Olive Oil. Allow Oil to heat up. It should shimmer like a mirage when ready. Place salmon in pan. Allow 2-3 minutes before flipping using a fish spatula. Cook for an additional 2 minutes. Then add 2 Tbsp of Butter to saute pan. Once melted, spoon over salmon fillets for an additional minute. If you take an internal temperature, Medium will be 130 F, but 145 F is recommended by USDA. Drizzle 1/2 Tbsp Honey per salmon fillet and spoon over melted butter an additional time. Remove Salmon from pan and allow it a few minutes to rest.
- Step 6. Dress your Greens.** In a mixing bowl toss Arugula in a light amount of olive oil and lemon juice along with a pinch of salt. Do this just prior to assembling your sandwiches.
- Step 7. Assemble your Sandwiches.** With all of the previous steps completed. Spread 1 Tbsp on both the top and bottoms of your toasted bun. Add 1/2 Cup of dressed Arugula to the bottom half of the bun. Next place two strips of bacon followed by the salmon. Place the top of the bun on your sandwich and serve immediately.