

Lemon Salmon over Pico Parmesan Risotto

and Cafe Spinach with an Orange Chipotle Glaze



INGREDIENTS

For the The Salmon:

2 four ounce salmon fillets,
Patted Dry
1 ounce olive oil
Lemon Pepper to taste

For the Spinach:

6 ounces of fresh baby
spinach leaves
1½ teaspoon fresh garlic
salt and pepper to taste
1 to 2 ounces white wine

For the Risotto:

1 cup arborio rice
2 cups water
salt and pepper to taste
4 ounces of Chicken stock
2 ounces Parmesan cheese

For the Pico De Gallo:

2 large tomatoes finely diced
1 small white onion (1½ cup)
1½ cup fresh chopped
cilantro
2 Tbsps of finely chopped
Jalapeno pepper
2 Tbsps apple cider vinegar
fresh lime juice and kosher
salt to taste

DIRECTIONS

For the The Salmon:

Simply brush the olive oil on the salmon fillets and cook them on the grill for 2 to 3 minutes per side depending on the thickness of the fillet.

For the Spinach:

In a hot saute pan, add oil and garlic and quickly add spinach. Cook for one minute and add salt, pepper and white wine. Cook for one minute more and remove from heat.

For the Risotto:

Bring water to a boil and add arborio rice. Do not walk away, stand and stir until rice is tender. Remove from heat and cover for 5 to 10 minutes.

In a large saute pan on med high heat, add 4 ounces of chicken stock, bring to a boil and add the cooked risotto cook for 1 to 2 minutes until risotto is hot all the through. Add 1½ cup of prepared Pico De Gallo cook one minute and add 2 ounces of shredded Parmesan cheese, salt and pepper to taste, cook until cheese is melted.

Plate the cooked components and enjoy a wonderful dinner.

specialty of:
Executive Chef Thomas Belisle

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