



GEORGE  
CHIALA'S  
RECIPE  
OF  
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COLLECTION

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Recipe 158



Seared Atlantic Salmon  
with Poblano Cream Sauce

Cooks Note: Perfectly seared salmon with poblano cream sauce is a savory summer entree that can be made with ease in just one skillet. It pairs well with roasted vegetables and a full bodied white wine.

Bon Appétit  
-George

(photo by Marc-Henri)

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## Seared Atlantic Salmon with Poblano Sauce

### PREPARATION

1 - For salmon: Rinse and dry salmon fillets. Season with salt and pepper. Heat 2 tablespoons oil in a large skillet over medium high heat. When pan is hot, add salmon skin side up. Sear for 4-5 minutes, flip, and sear 2-4 minutes or until salmon reaches internal temperature of 135°F. Turn off heat, remove from pan to a clean plate, and cover lightly with foil. Using paper towels, wipe pan clean.

2 - For sauce: Heat same skillet over medium heat; add olive oil and butter. When butter is melted, add poblanos, onions, and 1/4 teaspoon salt. Sauté for approx. 10 minutes (or until softened).

3 - Add garlic, sauté, stirring constantly, for 1 minute or until garlic is fragrant.

4 - Add flour, stir and cook for one minute. Vegetables will be coated with flour.

5 - Slowly whisk in milk, stirring constantly. Bring to a simmer; cook and stir for 1 minute (or until thickened).

6 - Add spinach and cilantro, stirring constantly until spinach is wilted.

7 - To serve, divide creamy spinach mixture onto 4 plates or shallow bowls, and nestle one salmon fillet in each serving. Serve immediately, garnished with a wedge of lemon.

### INGREDIENTS

#### Salmon

- 4 salmon fillets (4 oz. each)
- 1/4 teaspoon salt
- Freshly ground black pepper, to taste
- 2 tablespoons avocado oil (high smoke point)

#### Sauce

- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 2 poblano chiles, diced (about 1 1/2 cups)
- 1/2 large onion, chopped (about 1 cup)
- 1/2 teaspoon salt
- 2 cloves garlic, minced or pressed
- 2 tablespoons all-purpose flour
- 1 1/2 cups milk
- 5 oz. spinach, roughly chopped
- 1/2 cup roughly chopped cilantro leaves and stems
- Lemon wedges, for serving

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