



Cold Harvest 2017

TASTE THE ATLANTIC

NL Farmed Seafood & Beverage Pairing with Chef Watson and Tom Beckett of Beer Thief

Steamed NL Blue Mussels with Curried Butter

Ingredients:

2 lbs. NL Farmed blue mussels ½ Lime, thinly sliced
½ cup cream 3 tbsp. of melted Butter
1 chopped Red pepper ¼ cup chopped Parsley
½ cup White wine ¼ tsp. Ground cumin
2 cloves of pressed Garlic 1 tsp. Curry powder
¼ tsp. Salt

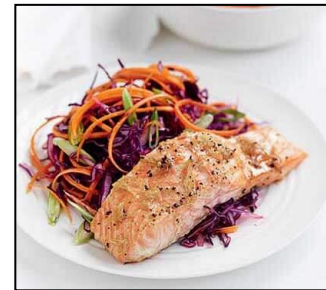
**Directions:**

Whisk together the butter, garlic, curry powder, cumin, and salt in a small bowl. Place mussels in a cooking pot with white wine and cream and add above spices. Top with curried butter, parsley, red pepper and lime and steam for 5 minutes, until the mussels are open. Transfer the mussels to small bowls and garnish each with a lime wedge to serve. Enjoy!

Pan Seared Atlantic Salmon with Asian Slaw

Ingredients:

4 (6 oz.) Atlantic salmon fillets ¼ cup fresh Orange juice
1 tbsp. Rice vinegar 1 tbsp. Balsamic vinegar
2 tsp. Sriracha (hot chili sauce) 1 tsp. ground Fresh ginger
½ tsp. Honey ½ cup chopped Fresh cilantro
16 oz. pkg. Coleslaw 1 tbsp. toasted Sesame seeds
¾ tsp. Salt Cooking spray
¼ tsp Black pepper

**Directions:**

Heat a large non-stick skillet over medium-high heat. Sprinkle salmon fillets evenly with 1/4 teaspoon salt and pepper. Coat pan with cooking spray. Add salmon to pan, skin side down; cook for 4 minutes. Turn salmon over; cook 3 minutes. Add orange juice to pan; cook 30 seconds or until liquid almost evaporates and fish flakes easily when tested with a fork.

While the salmon is cooking, combine rice vinegar, balsamic vinegar, olive oil, Sriracha, ginger and honey in a large bowl, stirring with a whisk. Mix with remaining salt, cilantro and coleslaw and toss well to coat. Sprinkle with 1 tablespoon sesame seeds. Place Atlantic salmon on top of slaw. Enjoy!

