

# FIDDLEHEAD CELLARS

## FROM THE KITCHEN OF CHEF RICK

*Owner & Head Chef of Chef Rick's Ultimately Fine Foods in Santa Maria, CA - [www.ChefRicks.com](http://www.ChefRicks.com)  
Featured chef at our 2010 First String Fiddler's Luncheon!*

## GRILLED SALMON, PEACH, WATERCRESS, GINGER, SESAME SALAD

*Great with Fiddlehead Cellars Seven Twenty Eight Pinot Noir*

### INGREDIENTS (Serves 4)

4 6oz wild salmon fillets, skinned and bones removed  
2 tablespoons good quality olive oil  
Chef Rick's House Seasoning or salt and ground black pepper to taste  
2 ripe peaches, or nectarines, or pears, cut in half, pits removed  
2 bunches watercress, washed, dried, and trimmed of thick stems  
½ cup sweet red onion, thinly sliced

### For the vinaigrette:

2 tablespoons sesame oil  
1 teaspoon granulated sugar  
2 tablespoons light sodium soy sauce  
1 tablespoon minced fresh ginger  
2 tablespoons rice wine vinegar  
2 tablespoons red wine vinegar  
¼ cup good quality olive oil  
Kosher salt and ground black pepper to taste  
4 tablespoons sesame seeds, toasted in a single layer in a 350 degree oven for 10 minutes

### PREPARATION

1. Sprinkle each salmon filet with ½ tablespoon of Chef Rick's House Seasoning.
2. Heat the oil in a large skillet over high heat. Add the fillets and sauté until brown, for about 4 minutes on first side and three minutes on the second. Flip the fillets over again, turn off heat, and allow to sit for two minutes.
3. Sauté, grill, or broil peaches until warmed through and slightly charred.
4. Meanwhile in a salad bowl, combine the watercress and sliced onion. In another bowl, combine all the vinaigrette ingredients and mix well. Pour just enough of the vinaigrette over the watercress to lightly coat the leaves. Toss to combine.
5. Arrange ¼ of the dressed watercress on to individual salad plates. Place a salmon fillet on top of the watercress and a grilled peach to the side.
6. Drizzle each portion with additional dressing and sprinkle with toasted sesame seeds.

### CHEF'S NOTES

"This is probably the least "Chef Rick-like" recipe (because of the Asian-lean in the ingredients) we do at the restaurant but it's been a customer favorite for years because like everything Chef Rick- it's absolutely delicious!"

*Bon Appétit!*

*Kathy Joyce*  
Winemaker

