

# FIDDLEHEAD CELLARS

## **FROM BABETTE'S KITCHEN**

*Created by Babette's daughter, Jody Joseph  
for Fiddlehead Hunnysuckle Sauvignon Blanc*

## **Roasted Salmon and Green Beans with Mango Salsa**

4 Servings

### **INGREDIENTS**

#### ***FOR THE MANGO SALSA***

2 ripe mangoes, peeled, pitted and diced small  
(1/4 inch cubes)  
1 red pepper, seeded and diced small  
1 ripe tomato, diced small  
1 shallot, finely minced  
1 jalapeño pepper, seeded and finely diced  
1 heaping tablespoon apricot jam  
3 tablespoons lime juice  
1 tablespoon olive oil  
1 tablespoon balsamic vinegar  
Salt and pepper

#### ***FOR THE SALMON AND GREEN BEANS***

4 salmon fillets with skin on (6-8 ounces each)  
1 pound green beans  
3 tablespoons olive oil  
Salt and pepper

Preheat oven to 450 degrees

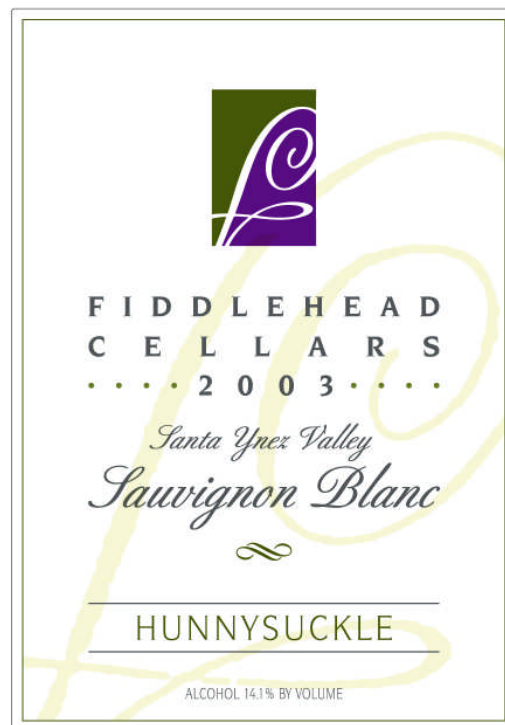
### **ASSEMBLY**

#### ***FOR THE MANGO SALSA***

Mix salsa ingredients together in a bowl, stirring until jam dissolves. Add salt and pepper to taste. Salsa is best if made ahead and set aside at room temperature for up to two hours, or make salsa the day before, cover and refrigerate overnight, then bring to room temperature before serving.

#### ***FOR THE SALMON AND THE GREEN BEANS***

1. Pour olive oil in large shallow baking pan with sides.
2. Rinse and dry salmon fillets. Place fillets in roasting pan and turn with hands to coat well with oil, then season with salt and pepper. Place fillets close together on one side of the pan, skin side down.



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### *ASSEMBLY FOR THE SALMON AND THE GREEN BEANS* (continued from page 1)

3. Rinse and dry green beans, then trim ends. Place green beans in pan on the other side of the salmon, roll in remaining olive oil to coat well, and flatten into one layer. Season with salt and pepper.
4. Roast salmon and green beans for 15 minutes in pre-heated oven (If salmon fillets are very thick, remove green beans after 15 minutes, and return salmon to oven for another 5 minutes.)
5. Remove pan from oven and place a salmon fillet on each plate. Top salmon with mango salsa. Divide green beans among the plates and serve.

### NOTES

Green beans will be wrinkled and brown in spots, but they are wonderfully sweet and slightly crispy when cooked in this way.

Salmon and green beans can also be made in 2 separate pans (especially if salmon fillets are large and beans will not fit in one layer in same pan.) In this case, start salmon on lower rack, green beans above, switch pans midway through cooking time, adding three minutes to total cooking time.

**Cheers!**  
Kathy