




Both gorgeous and delicious, the Salmon Cobb Salad has something for everyone, offering the means to create a customized salad.

Salmon Says

SALLY ROECKELL APPLIES HER EXPERTISE IN CREATING STUNNING CHARCUTERIE BOARDS TO A NEW, TASTY APPLICATION

IN THIS SEASON of abundance and celebration, one of my favorite things to make for family and friends is this slow-roasted salmon cobb salad. Adding all the elements of this beautiful recipe to one platter or board saves loads of time on clean up and makes an enchanting and colorfully abundant presentation. I've served it on everything from a large round shallow bowl to a large wooden board.

This dish is perfect for a special gathering, such as a holiday brunch, or for making a simple weeknight meal its own special occasion.

You can personalize your salmon cobb salad by choosing your favorite variety of ingredients. Try adding marinated artichoke hearts, eggplant, sun-dried tomatoes, or pitted olives. You can swap the feta for goat cheese or gorgonzola. The variations are endless. I hope your family and friends will enjoy this as much as we have. Happy Holidays from my family to yours! 



Salmon Cobb Salad



INGREDIENTS:

For the Salmon:

1 filet of wild salmon (about 2.5 lbs.)
Zest of 1 lemon
Salt and pepper
2 tbsp olive oil
1 tbsp each chopped dill + parsley

For the Salad:

6 medium boiled eggs peeled + cut.
1/2 lb cooked bacon
2 tomatoes, sliced
1 cup peppadew peppers

4 cups lettuce mix
1 cup crumbled feta cheese
1/2 cup sliced red onion
10 radishes
Boiled red skin potatoes
2 avocados, thinly sliced
1/2-pound portabella mushrooms, sautéed
1 bunch steamed asparagus
1 lemon, cut into wedges (for garnish)
Classic aioli or your favorite vinaigrette for serving.

METHOD

Preheat the oven to 250 °F.

Place the salmon on parchment covered baking pan skin side down. Rub the salmon liberally with the olive oil, and season with salt and pepper, herbs, and lemon zest.

Roast at the low temperature of 250 °F for about 25 minutes, or until the salmon is just opaque in the center. Allow salmon to cool slightly.

To assemble the salad board, place the cooked salmon in the center of a platter, and arrange the remaining ingredients around it. Enjoy!

Pro Tip

Roasting salmon low and slow gives a different consistency and color to the fish, more like smoked salmon (without the smoke). You can score the raw salmon with a sharp knife cutting through, but not all the way. Once cooked it will be easier to serve.

To prepare the eggs with a beautiful jammy center, bring water in a large sauce pan to a boil, then gently add the cold eggs one at a time. Cook for 7.5 minutes. Remove from heat, drain, then add eggs to an ice bath to cool. This will produce a moist cooked yolk.



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Sally Roeckell is a professional culinary photographer, food stylist, and content creator. Find Sally's work, recipes, and blog at tableanddish.com. Follow her Instagram page @tableanddish. Sally also owns Sage and Jam Grazing which serves up beautiful custom charcuterie. Visit sageandjamgrazing.com.