

Ingredients and Kitchen Equipment List

Menu 106: Pan Fried Wild Salmon Grilled Asparagus and Spiced Tomatoes

Ingredients

<i>1 lbs. Wild Salmon with skin (see notes)</i> <i>salt</i> <i>2 Tbsp Avocado oil (coconut or light virgin olive oil)</i> <i>½ lemon cut into 2 wedges (optional)</i> <i>Rub</i> <i>1 tsp cumin</i> <i>½ tsp paprika</i> <i>½ tsp coriander</i> <i>¼ tsp cayenne pepper</i> <i>¼ tsp cardamom</i> <i>½ tsp pepper</i>	<i>1 lb. Asparagus</i> <i>4 medium Tomatoes</i> <i>dash of salt</i> <i>3 Tbsp. EVOO (extra virgin olive oil)</i> <i>2 tsp. mixed herbs such as Italian Seasoning or Herbs de Provence</i> <i>salt/pepper to taste</i>
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Equipment

<i>paper towel</i> <i>ramekin or small bowl</i> <i>1 Large oven-proof skillet</i> <i>large stock pot</i> <i>Colander (plus Plate or bowl to hold colander)</i> <i>Spider strainer or tongs</i> <i>paper towel</i> <i>Large bowl</i> <i>Double burner grill (or large skillet)</i>
