

Fresh Ideas featuring:



**2009 CFFA University & College “Fresh n’ Fit” Recipes Contest
First Place Winner – Entrée/Dinner Category**

Salmon Sausage with Cherimoya Kiwi Salsa over Couscous

*Submitted by Hector “Tito” Calderon, executive chef
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Cherimoya Kiwi Salsa

1 large Chilean cherimoya peeled, seeded and diced
4 firm Chilean kiwi, peeled and diced
2 Roma tomatoes, diced
1 tablespoon cilantro, chopped (save some whole
leaves for garnish)
1 teaspoon sugar
salt and pepper to taste
drops of hot sauce to taste (optional)

Combine all salsa ingredients in a mixing bowl and refrigerate until serving.

Couscous

2 cups couscous
1/2 cup capers, drained
1 tablespoon fresh cilantro, chopped
1 tablespoon fresh parsley, chopped
salt and pepper to taste

Cook couscous according to package directions. Add capers, cilantro, parsley and seasoning just before serving.

Salmon Sausage

2 lbs. fresh salmon, diced
2 oz. fresh basil, julienne
2 tablespoons fresh lemon juice
1 tablespoon capers

(Continued)

2.

2 oz. extra virgin olive oil
2 oz. chopped green onion
2 oz. bread crumbs
salt and pepper to taste

Place diced salmon into mixing bowl; add next seven ingredients and mix. Separate mixtures into eight equal sausage shaped rolls. Wrap each in clear plastic wrap, secure both sides. Poach in water with lemon juice, salt and pepper for approximately 10 minutes or until desired doneness. Keep the salmon sausage warm.

Cabbage mix

1 cup radicchio, julienne
1 cup Napa cabbage, julienne

Toss in bowl to mix; refrigerate until serving.

Dressing

1 1/2 cups ranch dressing
2 tablespoons chipotle sauce

Blend ranch dressing and chipotle sauce in blender; refrigerate until serving.

Won Tons

8 wonton wrappers

Fry to light brown crispy texture in 1cup canola oil using a 12 inch round sauté pan.

To Plate: Place crispy wonton in center of eight 12 inch plates. Place couscous in eight equal portions on top of the wontons. Unwrap salmon sausage and cut at an angle into two pieces, place on top of couscous. Place mixture of cabbage and radicchio on top of salmon sausage, top cabbage with Cherimoya Kiwi Salsa and garnish with fresh cilantro.

Garnish outer rim of plate with dressing.

Makes 8 servings



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