



BIG CEDAR® LODGE

+ AMERICA'S PREMIER WILDERNESS RESORT +

APPLE BEET SALAD WITH MARINATED SALMON

Marinated Feta

8 oz Feta cheese	2 bay leaves
1 garlic clove, crushed	1 Tbsp fennel fronds
4 sprigs of fresh thyme	1 Tbsp lemon juice
4 sprigs of oregano	1 1/4 cup olive oil
1/4 tsp dried oregano	

1. Cut feta into cubes, about 1/4 inch in size.
2. Layer feta in a jar, alternating with the herbs and fennel fronds, placing the crushed garlic in the middle of the jar.
3. Pour lemon juice over the top and then add the olive oil to cover
4. Seal or cover the jar and place in the refrigerator overnight or up to 3 days. The oil will solidify so take out and let sit for 1 hour before serving.
5. Will keep for up to 4 weeks under refrigeration.

Vinaigrette

1 shallot, thinly sliced	1 Tbsp hot water
1 tsp fresh garlic, minced	2 tsp granulated sugar
1/2 tsp Dijon mustard	2 tsp chervil leaves, chopped
2 Tbsp red wine vinegar	1/2 tsp sea salt or kosher salt
1/4 cup extra-virgin olive oil	Black pepper to taste

1. Rub minced garlic into a paste with the sea salt.
2. Combine garlic paste, shallots, Dijon mustard and vinegar in a small mixing bowl and whisk vigorously.
3. Add the hot water and the sugar and while whisking, add the olive oil in a slow stream. Whisk until dressing has emulsified.
4. Stir in the Chervil. Taste and adjust seasoning if necessary with additional salt and black pepper.
5. Serve Immediately.

Marinated Salmon

4 salmon filets, 6oz portions	1.5 tsp thyme leaves, chopped
1/4 cup lemon juice	2 fresh garlic cloves, minced
1 Tbsp lemon zest	1 tsp sea salt or kosher salt
2 Tbsp olive oil	

1. Whisk together all ingredients except the salmon.
2. Place salmon fillets in a gallon zip lock bag and pour marinade into the bag and seal. Toss salmon around to be completely coated.
3. Place in the refrigerator for 30 minutes and no more than an hour.
4. Cook to preferred temperature.
5. Set aside to cool while mixing salad.

Apple Beet Salad

4 cups spring mix	3 oz marinated Feta cheese
2 beets, roasted	1/2 cup red wine vinaigrette
1 Granny Smith apple or equivalent	4 salmon filets, marinated
1/3 cup candied walnuts	1 Tbsp olive oil or other cooking oil
1 fresh fennel, shave with fronds reserved	

1. Roast the beets until tender and cut into pieces.
2. Core the apple and cut into thin sticks.
3. Candy or roast the walnuts.
4. Shave the Fennel bulb as thin as possible using a mandolin slicer.
5. In a cast iron skillet or other suitable pan, heat the olive oil on medium-high heat.
6. Season the salmon generously with salt and pepper.
7. Cook skin side down for 6-8 minutes. Use a spatula to flip the salmon and cook for an additional 3-5 minutes depending on preference for doneness.
8. Let the salmon rest while you build your salad.
9. Toss the greens, beets, apples, fennel and feta cheese together with 3/4 of the vinaigrette. Split into four bowls. Place the salmon to the side or atop of the lettuce mix. Garnish with additional feta, candied walnuts and drizzle the remaining dressing around the plate.
10. Enjoy!

