

MOOD FOOD
COVENT GARDEN FARMER'S MARKET COOKING CLASS
SATURDAY, FEBRUARY 9, 2019
CHEF CHRISTIE MASSÉ

GOOD MOOD:	BAD MOOD:
Fish	Sugar
Nuts/Seeds	Caffeine
Fruit	Refined White Flour/Simple Carbs
Vegetables	Alcohol
Whole Grains/Legumes	Processed Food
Healthy Fats	Trans Fats
Ferments	"Diet" or "Low Fat" Foods/Sweeteners
Herbs/Spices	Iodized Salt

****Consider the Mediterranean Diet as a guide for Good Mood Food***

SALMON WITH OLIVE SAUCE (yields 2 portions)

Ingredients:

3	Tbsp	organic extra virgin olive oil
10	oz	local organic small potato, large dice
8	oz	oil packed artichoke, quartered
	OR	
4-6	whole	fresh artichoke, cleaned and quartered
1	bunch	local organic kale, stemmed and roughly chopped
		kosher salt & cracked pepper, to taste
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1	C	kalamata olives, pitted and roughly chopped
½	C	green olives, pitted and roughly chopped
1	C	sundried tomato, roughly chopped
1	L	organic or homemade chicken broth
¼	C	fresh organic dill, roughly chopped
1	whole	lemon, zested and juiced
2	Tbsp	organic unsalted butter
2	Tbsp	organic extra virgin olive oil
10	oz	fresh salmon, cleaned and portioned into 2x4 oz portions
		kosher salt & cracked pepper, to taste

Method:

1) Preheat oven to 400°F. Toss potatoes and artichokes in 2 Tbsp olive oil. Season with salt & pepper. Spread evenly on parchment lined baking sheet. Roast in oven until golden-brown and tender. Keep warm.

2) In medium skillet, heat 1 Tbsp olive oil over low-medium heat. Add chopped kale, season with salt & pepper, and stir to coat. Add a splash of water and cover with fitted lid, reducing heat to low. Remove from heat once kale is wilted. Stir into roasted potato and artichoke. Keep warm and set aside.

3) Combine olives, sundried tomatoes, and chicken broth in medium saucepan over mid-high heat. Bring to a simmer, reduce heat to low and lightly simmer to slightly reduce broth, about 10 minutes, stirring occasionally.

4) While broth simmers, heat 2 Tbsp olive oil in non-stick skillet over mid-high to high heat. Dry and season each side of cleaned portioned salmon. Sear salmon until it is covered in a golden-brown crust, flip and cover with fitted lid, searing the other side and steaming the inside. Reduce heat as needed. Cook to preference (medium to well – pink in the centre to fully cooked). Keep warm while finishing sauce.

5) Once broth is slightly reduced and dark in colour finish with dill, lemon juice/zest, and butter. Season to taste with salt & pepper.

6) In 2 large bowls, portion potato, artichoke, and kale in the bottom, place salmon on top and finish with generous ladle or 2 of sauce. Garnish with sprig of fresh dill if desired and enjoy!

MEDITERRANIAN MOUSSE (yields 2 portions)

Ingredients:

2	C	full fat vanilla Greek yogurt
4	oz	dark chocolate, chopped and melted
2	C	organic whipping cream, whipped to stiff peaks
2	Tbsp	pistachios, roughly chopped
2	Tbsp	almonds, dry roasted, cooled and roughly chopped
2	Tbsp	pumpkin seeds, dry roasted, cooled and roughly chopped
2	Tbsp	dried apricots, reconstituted, drained and roughly chopped
2	Tbsp	dried cranberries
4	whole	fresh figs, quartered or sliced
2	Tbsp	local honey

Method:

1) In large bowl or in stand mixer, whisk melted chocolate into yogurt until well combined. Using spatula, carefully fold in whipped cream. Pipe or spoon mousse into dessert dishes of choice, cover with plastic wrap and refrigerate.

2) In medium bowl, combine pistachios, almonds, pumpkin seeds, apricots, and cranberries. Sprinkle generous portion of mixture on top of mousse.

3) Portion quartered or sliced fig on top of dressed mousse. Drizzle with honey and enjoy!