

MARINATED SALMON

with Olive Oil

4 servings

4	salmon fillets with skin, 5 oz (150 g) each	4
1 cup	PASTENE Extra Virgin Olive Oil	250 mL
1 tsp	chopped orange zest	5 mL
½ cup	fresh orange juice	125 mL
2 tbsp	PASTENE Wine Vinegar	30 mL
⅓ cup	sliced dry shallots	75 mL
2 tsp	chopped fresh tarragon	10 mL
½ tsp	black pepper	2 mL
	salt	

- Place salmon fillets in a large, shallow glass bowl.
- In a second bowl, combine olive oil, orange zest and juice, vinegar, shallots, tarragon, black pepper and salt to taste.
- Pour over salmon and let marinate at room temperature for ½ hour. Turn salmon and marinate another ½ hour.
- Preheat oven to broil.
- Place salmon, skin-side down, on oiled broiler pan. Baste with marinade and broil for 8 minutes, 3 inches (8 cm) from heat.
- To serve, spoon remaining marinade, heated for 3 minutes, over each serving. Fresh fennel and zucchini are good accompaniments.

SHRIMP AND OLIVE

Stir-fry

4 servings

2 tbsp	PASTENE Pure Olive Oil	30 mL
24	medium shrimps, peeled and deveined	24
1	green pepper, sliced	1
1	red pepper, sliced	1
1 tbsp	chopped fresh ginger	15 mL
1½ cups	PASTENE Italian Peeled Tomatoes, drained and chopped	375 mL
1 cup	chicken stock, heated	250 mL
2	PASTENE Hearts of Palm, sliced	2
⅓ cup	PASTENE Pitted Olives, sliced	75 mL
1 tsp	cornstarch	5 mL
2 tbsp	cold water	30 mL
	salt and pepper	

- Heat olive oil in skillet over medium heat. Add shrimps and cook 2 minutes. Turn shrimps over, season with salt and pepper and cook 1 minute. Remove from pan and set aside.
- In same skillet, stir-fry green and red peppers, and ginger for 2 minutes. Add chopped tomatoes and chicken stock. Cook 3 minutes.
- Add hearts of palm and olives.
- Dissolve the cornstarch in the cold water, then stir into tomato mixture. Cook until slightly thickened. Return shrimps to pan, season to taste with salt and pepper, and serve as soon as shrimps are heated through.

