

# Grilled Chinook with Fresh Summer Squash

Prep time: 30 minutes

Difficulty: Medium

Serves: 2-4

Recipe by Gracie Schatz

- 1 piece of fresh Chinook salmon\* with the skin on, roughly 8 oz each (per person)
- 1 lb. fresh summer squash or zucchini, yellow or green
- 1 cup fresh parsley leaves
- Hand full of nasturtium leaves and flowers for garnishing; or substitute mint or dill
- 1 T. capers\*
- 1 shallot
- Champagne or white wine vinegar\*
- 1 lemon,\* cut into wedges for garnishing
- Salt
- Pepper
- Olive oil\*

*\*Available at Newman's Fish Company*

Make sure your salmon is a room temperature before cooking. Season it with salt and pepper and then rub it with olive oil. If you are using a charcoal grill, heat it up until the coals are just glowing and there are no active flames, it should be a medium heat. Place the oiled salmon skin side down on the grill and cover it for 8 minutes. It should take about 12 minutes total, but it is good to keep an eye on it to not overcook it. It is done when it has reached an internal temp of 125F.

*continued on reverse >*



You can't go wrong with fresh Chinook and this is a delightful way to serve it up with fresh summer squash.

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Finely dice your shallot and place it in a bowl. Submerge it in vinegar. Finely chop the parsley, capers and nasturtium leaves (a little mint, fennel frond or dill is also nice if you have it) and place them in a separate bowl. Coat the herbs generously with olive oil. Mix the shallots with the herbs, oil and capers. Mix well and taste for seasoning.

Use a vegetable peeler or mandolin to peel wide ribbons of summer squash. Place the ribbons in an ice bath to shock them. If there are chunks of squash left, toss them in a little olive oil and grill them until they turn golden brown. Chop them into bite size pieces.

To serve, strain and shake off the ribbons of summer squash and toss them with the seared squash and herb sauce, taste for seasoning. Plate the salmon and make a decorative pile of herbed squash beside it, topped with fresh nasturtium flowers. Enjoy!

