

## **Pan Roasted Salmon, Silky Corn Sauce, Wild Rice, Arugula, & Corn Nuggets Compliments of Chef David Trubenbach**

4 Salmon filets  
1.5 cups of wild rice  
2oz Arugula  
1 tablespoon extra virgin olive oil  
Salt and Pepper  
4 ears of corn (shucked)  
¼ cup cream  
1 stick of butter  
1 sweet onion  
2 tablespoons olive oil  
3 cloves garlic (roasted)  
4 slices of thick bacon



First take the onion and julienne, then with a knife cut the corn off of two ears. Place 2 tablespoon olive oil in the bottom of a sauce pot and lightly sauté the corn and onions. Next add the roasted garlic then 6 cups of water. Bring to a boil. After it boils for five minutes bring down to a simmer and pour in the cream. Season to taste with salt and white pepper. Place in a blender and puree until you have a smooth thick creamy sauce.

Place bacon slices in a warm sauté pan and crisp then reserve for later. In a pot boil 3 cups of water and 1 tablespoon of butter. Next add rice and cover to cook for 15-20 minutes or until done. Stir in chopped bacon and season to taste.

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In another pot add three cups of water and 1 teaspoon of salt. Cut the remaining ears of corn into four pieces from each making a mini corn cob. Place these cobs in the boiling water for four minutes. Take them out of the water and save. In a sauté pan heat 1 tablespoon of butter and melt down then add the corn nuggets and season to taste.

Lastly season your salmon with salt and pepper. Heat a sauté pan with olive oil and sear the salmon on all sides bringing to desired temperature.

Place rice on plate sauce around, then salmon on the rice and toss arugula in extra virgin olive oil and salt. Place on top of salmon and the corn nuggets on the side.