



414-443-1414

[www.michaelfeker.com](http://www.michaelfeker.com)

From the Kitchen of Chef Michael Feker

IL MITO is located at 6913 W North Ave, Wauwatosa

## IL MITO'S GRILLED PACIFIC SALMON AND AVOCADO SALSA WITH ROASTED RED POTATOES AND SUMMER SQUASH

### Ingredients for the Salmon

- 4 8-oz Pacific Salmon fillets
- 1 tablespoon olive oil
- 1 T Kosher salt
- 1/2 Tablespoon fresh cracked black pepper
- 1 teaspoon sweet paprika
- 1 teaspoon ground mustard
- 1 teaspoon ground fennel
- 1 tablespoon light brown sugar

### Directions for Salmon

1. Prepare your grill as you would for a hot fire (gas grill on high).
2. In a small bowl whisk together the last six ingredients. Rub the salmon vigorously with the mixture. Allow the salmon to sit at room temperature for 15 minutes.
3. Lightly oil the salmon and the grill. Place the salmon flesh side down on the grill. Allow to cook without moving for 3 minutes. Give the salmon a quarter turn and cook for 3 more minutes. Flip the salmon onto the skin side and cook 3 more minutes.
4. Remove from the grill. Allow the salmon to rest off the heat for 3-4 minutes before serving.



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### **Ingredients for the Salsa**

- 3/4 pound cherry tomatoes, rinsed and drained, and cut in half
- 2 avocados, peeled, pit removed, cut into 1/4-inch dice
- Juice and zest of one lime
- 1 Tablespoon red wine vinegar
- 1 tablespoon minced garlic
- 1 cup thinly sliced green onion
- 4 tablespoons extra-virgin olive oil
- 1/2 cup fresh basil leaves, chopped
- 1/4 cup fresh Italian parsley leaves chopped
- 2 tbsp fresh tarragon leaves chopped
- Sea salt and white pepper

### **Directions for Salsa**

1. In a large mixing bowl combine tomatoes, onion, garlic, lime zest and herbs.
2. Season with salt and pepper. In a small bowl whisk together lime juice, olive oil, and vinegar.
3. Gently toss the avocado with the dressing, then fold the avocado and dressing into the tomato mixture. Season with salt and pepper. Allow the salsa to sit at room temperature for at least ten minutes before serving.



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### **Ingredients for the squash-**

- 2 tablespoons chopped garlic
- 2 tablespoons chopped fresh tarragon
- 3 Tablespoons olive oil
- 1 large shallot, sliced thin
- 1 lb zucchini, sliced into ½ moons
- 1 lb summer squash, sliced into ½ moons
- Salt and black pepper
- Extra Virgin Olive oil

### **Directions for the Squash**

1. In a large skillet over medium heat, heat the olive oil. Add shallot and sauté two minutes. Add both squashes and sauté 6 minutes until just crisp tender.
2. Add the garlic and sauté until lightly browned about two more minutes. Season the squash with salt and black pepper.
3. Add the tarragon and remove from the heat. Drizzle with extra virgin olive oil and serve.

### **Ingredients for the potatoes**

- 2 pounds small red potatoes, scrubbed and cut in half (do not peel) -
- 3 tablespoons olive oil, more if desired
- Sea salt
- Fresh ground pepper
- Salt
- 2 sprigs fresh rosemary, chopped
- 1/2 Bunch Italian parsley, chopped
- 3 cloves fresh garlic chopped

### **Directions**

1. Preheat oven to 425°F.
2. In a large sauté pan heat the oil over medium heat. Add the potatoes to the pan and toss with salt and pepper. Roast in the oven for 30 minutes.
3. Remove the potatoes from the oven and toss with remaining ingredients.
4. Return the potatoes to the oven and continue to roast until done. About 10 more minutes.