

Salmon Roll Sandwiches

with Baby Beet & Pea Shoot Salad

This recipe is our interpretation of the traditional seafood sandwiches popular in New England. Rich, flaked salmon is mixed with herbs, mayonnaise, crunchy celery and lemon then stuffed into a soft potato roll. We're also using pea shoots, the leaves and curly tendrils of the pea plant. These tender leaves are full of the promise of spring and its flavor, too.



Ingredients

- 1 Bunch Chives
- 1 Bunch Parsley
- 1 Lemon
- 1 Shallot
- 1 Stalk Celery
- ½ Bunch Red Baby Beets
- 2 Skin-On Salmon Fillets
- ¼ Cup Mayonnaise
- 1 Tablespoon Red Wine Vinegar
- 2 Ounces Pea Shoots
- 2 Long Potato Rolls

Makes 2 Servings
About 615 Calories Per Serving



Instructions



Cook the beets:

Heat a medium pot of salted water to boiling on high. Add the beets and cook 28 to 32 minutes, or until tender when pierced with a fork. Drain thoroughly and let stand until cool enough to handle. Using a paper towel and your fingers, gently rub the skin off each beet; discard the skins. Trim off and discard the top of each beet, then cut each bulb into wedges and place in a medium bowl.



Prepare the ingredients:

While the beets cook, wash and dry the fresh produce. Finely chop the chives. Pick the parsley leaves off the stems; discard the stems and finely chop the leaves. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Cut the lemon into quarters and remove the seeds. Peel and mince the shallot. Small dice the celery.



Cook the salmon:

While the beets continue to cook, pat the **salmon fillets** dry with paper towels and season with salt and pepper on both sides. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned salmon fillets, skin side down first, and cook, loosely covering the pan with aluminum foil, 3 to 5 minutes per side. Transfer the cooked salmon to a plate and let rest. Wipe out and set aside the pan. When the salmon is cool enough to handle, remove and discard the skin. Then, using a fork or your hands, flake the cooked salmon into large pieces and place in a large bowl.



Make the salmon filling:

To the bowl with the cooked salmon pieces, add the **celery, lemon zest, chives, parsley, mayonnaise, half the shallot and the juice of 2 lemon wedges**. Season with salt and pepper and gently mix until just combined. Set aside as you continue cooking.



Dress the beets & pea shoots:

Add the **vinegar and remaining shallot** to the bowl of **cooked beet wedges**. Season with salt and pepper and drizzle with olive oil; toss until thoroughly combined. In a separate bowl, toss the **pea shoots** with a drizzle of olive oil and **the juice of 1 lemon wedge** (you will have an extra lemon wedge); season with salt and pepper.



Toast the buns & plate your dish:

In the same pan used to cook the salmon, heat 2 teaspoons of olive oil on medium-high until hot. Open each **potato roll**, place in the pan, interior side down, and toast 30 seconds to 1 minute, or until lightly browned. Transfer the toasted buns to a plate. To plate your dish, fill each **toasted potato roll** with **half the salmon mixture**. Divide the **pea shoots** between 2 plates and top with the **beets**. Enjoy!