

# Mouth Watering Winter Catering Menu

Feel your immune system could use a boost? Well, eat up! This citrus-glazed grilled salmon, served with a beet, orange, and arugula salad is topped with crumbled goat cheese and toasted almonds and is rich with omega-3 fatty acids, packed with potassium and vitamin C, and bursting with fantastic flavors. And it's no further away than ARAMARK's Winter Catering Menu.

Created in collaboration with Chef Marion Gibson, Director of Culinary for ARAMARK's National Catering Group, this salad represents the perfect blend of robust seasonal ingredients prepared so they're good for you too. "We're conscious that we need to create dishes that are healthy," said Chef Gibson. "But as chefs,

we are compelled to provide full flavor profiles to our guests.

This entrée accomplishes this, and much more with its deep rich fish with bright fresh flavors."

It's also easy to prepare. The salmon is glazed with fresh orange and lemon juices that have been reduced with shallots and Dijon mustard and placed under the broiler. This preparation reduces the need for added fats and preserves the fish's heart-healthy omega-3 fatty acids.

Fresh beets are then oven roasted in foil to preserve the root vegetable's natural sugars. We then toss the beets with orange supreme, fresh arugula, and a citrus vinaigrette.

"We've added the goat cheese and almond as an accent that adds another depth of flavor," said Chef Gibson. "It's healthy, delicious, and beautiful. I think the orange pieces look like little jewels alongside the ruby red beets." Indeed, it's a gem of a healthy selection.



## Citrus-Glazed Salmon Salad with Beets, Oranges, and Arugula

### Salmon

- 4 oz. fillets, boned, skin removed 6 each
- Kosher salt, ½ tsp.
- Navel oranges, peeled and segmented, ½ cup
- Baby arugula, washed and dried, 1 cup (lightly packed)
- Italian parsley, rough chopped, 1 tbsp.

### Citrus Glaze

- Orange marmalade, 2 tbsp.
- Orange juice, 1 cup
- Honey, 3 tbsp.
- Thyme, fresh chopped, 1 tsp.
- Pepper, ¼ tsp.
- Orange juice, 2 tsp.
- Lemon juice, ¼ tsp.
- Lemon zest, very fine mince, pinch
- Orange zest, very fine mince, pinch
- Extra virgin olive oil, 1 tbsp.
- Kosher salt, pinch
- Sliced almonds, toasted, 2 tbsp.
- Goat cheese, crumbled, 1 ½ oz.

### Beet, Orange & Arugula Salad

- Roasted beets, peeled and julienne, 2 cups

**For the Glaze:** Over high heat, reduce orange juice by 75%. Add orange marmalade, honey, thyme, and black pepper. Simmer an additional 2-3 minutes. Remove from heat and cool to room temperature. Reserve until ready to cook salmon.

**For the Salmon:** Preheat broiler. Sprinkle salmon with salt, place on cooking tray sprayed lightly with cooking spray. Coat with half of the glaze. Broil salmon 4-6 minutes on each side or until desired doneness. Allow to cook for 4-5 minutes. Coat salmon with the remaining glaze. Chill until ready to serve.

**For the Beet Salad:** Combine all liquid ingredients with a whisk. Add beets, arugula, and orange segments. Toss to coat. Evenly layer beet salad on serving platter.

**When Ready to Serve:** Arrange the salmon on the beet salad. Sprinkle with almonds and goat cheese.



Visit us at [www.ARAMARK.com](http://www.ARAMARK.com)