



**Sauteed Salmon with
Artichokes and Swiss Chard**

Ingredients

- 2 cups water
- 1 tablespoon [Fustini's Sicilian Lemon balsamic](#)
- 3 artichokes
- 1 tablespoon [Fustini's Aji Verde Crush olive oil](#)
- 1 small shallot, sliced
- 6 cloves garlic, whole
- 1/2 cup white wine
- pinch coriander seed
- whole peppercorns
- 2 cups chicken stock

Sauce

- 1/2 cup reserved artichoke liquid
- 3 garlic cloves, from artichoke liquid
- 2 artichoke quarters
- 1 tablespoon [Fustini's Sicilian Lemon balsamic](#)
- 2 tablespoons [Fustini's Delicate SELECT olive oil](#)
- Kosher salt and white pepper

Swiss Chard

- 2 cups water
- 1 tablespoon [Fustini's Butter olive oil](#)
- 2 bunch Swiss chard, trimmed and stems removed
- salt and pepper

Salmon

- 6 4-6 ounce salmon fillets, skinless and boneless
- salt and pepper
- 2 Tablespoons [Fustini's Delicate SELECT olive oil](#)
- 2 Roma tomatoes, peeled, seeded and fine diced
- Kalamata olives, finely diced
- chopped parsley

Directions

Step 1.

Combine water and balsamic in a large bowl. Peel and trim artichokes then cut the tops off and place the bottoms in the acidulated water. Heat the olive oil in a large pot over moderate heat and add the shallot and garlic and cook for 1 minute stirring constantly. Add the wine and reduce it to almost nothing. Add the coriander seeds, peppercorns and chicken stock and bring to a simmer. Once simmering, add the artichokes, turn the heat to low and cover. Simmer the artichokes until tender, 35 to 40 minutes. Remove the artichokes to cool. Trim the tops and remove the choke with a spoon then cut into quarters. Reserving the liquid separately.

Step 2. Sauce

Place artichoke liquid, garlic, artichokes and Fustini's Sicilian Lemon Balsamic Vinegar in a blender and process until smooth. Add the Fustini's Single Varietal EVOO while blender is running to emulsify. Season with salt and pepper and keep warm.

Step 3. Swiss Chard

Bring water and Fustini's Butter Olive Oil to boil in large pan and drop in Swiss chard. Cook until wilted, 2 to 3 minutes. Remove from the water and squeeze out most of the water. Season with salt and pepper.

Step 4. Salmon

Heat oil in pan till hot. Season salmon with salt and pepper then place in hot oil. Cook on one side until mostly done 6 to 8 minutes. Turn over and finish the cooking. Add tomato and olives and cook until salmon is done. Pour over top garnish with parsley.