



SARANAYOGA LIVESTREAM RETREAT HOME-PREPARED LUNCH with Chef Sarah Bishop

Sage Butter Poached Salmon or Tofu on Kale and Herb Salad

Fish/Tofu

6 oz (per person) wild caught salmon fillet,
or firm tofu
Half stick salted butter
1 bunch fresh sage
lemon

Salad

1 lb baby kale mix or 1 big bunch tender kale
1 bunch fresh basil
1 bunch fresh oregano
2 or 3 fresh thyme sprigs
A little fresh mint
Edibles flowers, calendula, nasturtium, violets,
pansies.

Dressing

Olive oil
Red wine vinegar
Dijon mustard
Honey
Tarragon
Kosher salt
Black pepper
Minced garlic

Notes on salad dressing: I use roughly 2 to 1, oil to vinegar, a healthy teaspoon salt, dijon & honey.

With the back of a spoon, mash the minced garlic, salt, and a splash of oil in a small bowl. Add the dijon, honey, tarragon, pepper, vinegar and then the remaining oil. Season to taste.

Pick the herbs off their stems and chop. Set aside with the flowers. Chop the kale and dress.

Melt the butter in a heavy bottom pan until it glistens but is not smoking. Fry the sage leaves until dark green and stiff, remove with chopsticks. Add fish to the pan skin side down, give it a generous squeeze of lemon and cover.

If using tofu: pat dry, and add to pan, omit the lemon and the lid.

Toss the flowers and herbs into the dressed kale, lay the fish on top, and enjoy!