

The mission of the Alliance for Downtown New York is to provide service, advocacy, research and information to advance Lower Manhattan as a global model of a 21st century Central Business District for businesses, residents and visitors. The Downtown Alliance manages the Downtown-Lower Manhattan Business Improvement District (BID), serving an area roughly from City Hall to the Battery, from the East River to West Street. For more information, visit [DowntownNY.com](http://DowntownNY.com) or follow us on Facebook, Instagram and Twitter @DowntownNYC.

## Seamore's Holiday Salmon Roast + Seasonal Sides<sup>†</sup>

**SERVES:** 4-6



### Norwegian Salmon Roast

#### INGREDIENTS:

- 2 lbs salmon filet, skin-on, pin bones removed
- ½ tsp Kosher salt
- ¼ tsp ground black pepper
- 1 to 1 ½ Tbsps blended oil

#### METHOD:

Preheat the oven to 425°F. Grease or line a baking sheet with parchment paper. Prepare salmon by checking to make sure all pin bones were removed by the fishmonger by rubbing your fingers down the middle of the salmon from head to tail (against the grain). If not, remove them by firmly grabbing the tip of the bone with tweezers and pulling backwards going with the grain. Rub salmon with oil and generously season both sides with salt and pepper. Place salmon skin side down on the baking sheet. Bake for 13-15 minutes, or until the internal temperature of the thickest side reaches 125°F for medium up to 145°F for well done. Remove skin before placing on a serving platter.

### Dill Yogurt Sauce

#### INGREDIENTS:

- 2 cups Greek yogurt
- 1 lemon, zested + juiced
- 1 ½ oz dill (1 small bunch)
- ½ tsp Kosher salt
- ⅛ tsp cayenne (or pinch to taste)
- extra virgin olive oil

#### METHOD:

Rinse dill and dry well. Set a few sprigs aside for garnish. On the rest, remove stems and roughly chop. In a medium sized mixing bowl, combine yogurt, lemon zest, and juice. Add dill, salt, a pinch of cayenne, and a drizzle of olive oil. Whisk together until well combined. Transfer to a small bowl and serve alongside roasted salmon as an accompanying sauce. May be made one day ahead and refrigerated until service.

<sup>†</sup> Seamore's Holiday Salmon Roast Finish @ Home meal kit (including Seasonal Sides) available to for purchase [here](#).



Cauliflower Mash

INGREDIENTS:

- 2 heads cauliflower, leaves removed + quartered
- 2 Tbsps Kosher salt
- extra virgin olive oil

METHOD:

Fill a 10+ quart stock pot with 6 qts water and bring to a rolling boil. Season with salt and a drizzle of olive oil. When water is at a rolling boil, add cauliflower and cook until fork tender, (with firmness at the center core) about 15-20 minutes, maintaining the boil. Remove from heat. Ladle out 1 ½ cups of water then strain. Return the cauliflower to the stock pot to begin mashing. Add reserved cooking water as needed, a ¼ cup at a time. Continue mashing until the cauliflower resembles the consistency of mashed potatoes. Taste for salt seasoning. Transfer to a serving dish and garnish with freshly cracked pepper.

Wild Rice + Mushroom

INGREDIENTS:

- ½ medium onion, medium diced
  - 1 stalk celery, medium diced
  - 1 large carrot, medium diced
  - 1 clove garlic roughly chopped
  - 1 lb cremini mushrooms, medium diced
  - 3 Tbsps chopped fresh sage, roughly chopped
- 2 tsps blended oil
  - 1 small butternut squash, peeled, seeded + cut into ½ inch cubes
  - 1 cup dried cranberries
  - 2 cups wild rice mix
  - 6 cups vegetable stock
  - 1 ½ tsps Kosher salt

METHOD:

Rinse rice mix until water runs clear. In a stock pot over medium high heat, put wild rice, stock and ½ tsp salt, and stir to combine. Put the lid on the stock pot and bring to a boil. Turn down the heat to simmer and continue cooking for 40-45 minutes or until the rice kernels have puffed and opened. Drain into a bowl to reserve any remaining stock; set stock aside. Meanwhile, add oil to a saute pan over medium heat. Add cut vegetables, garlic, sage, and ½ tsp salt. Saute until vegetables are soft and translucent, about 8-10 minutes. Toss squash with a pinch of salt and a drizzle of oil. Spread evenly on a baking sheet and roast in a 250° F oven for 20-25 minutes. Add the sauteed veggies, roasted squash, dried cranberries, and ½ tsp salt into the stock pot with cooked wild rice. Gently stir to combine ingredients, and cook over low heat for another 5-10 minutes. If needed, add reserved stock to moisten the mixture. Transfer to a large casserole dish to serve.

Roasted Veggies

INGREDIENTS:

- 1 lb Brussels sprouts, root removed and halved lengthwise
  - 2 delicata squash, seeded + cut into ½ inch rings
  - 2 large carrots, peeled + diagonally sliced ¼ inch
  - 1 tsp sumac ††
  - ½ tsp Kosher salt
- ¼ tsp ground black pepper
  - 1 Tbsp honey
  - 1 Tbsp blended oil
  - seeds from ½ of a pomegranate
  - 2 Tbsps chives, finely cut

METHOD:

Preheat the oven to 375° F. In a large bowl, toss together prepared vegetables adding sumac, salt, pepper, honey, and oil. Spread evenly across 2 flat-rimmed sheet pans. For better results, do not crowd. Bake for about 30 minutes, turning about halfway through, until sprouts are charred and squash is golden brown. Remove roasted vegetables from the oven, and transfer to a serving platter. Garnish with half the seeds from pomegranate and freshly cut chives.

†† Available in most Middle Eastern or specialty spice shops.