

# FEEDING THE BEAST™

- LIFESTYLE COOKING SERIES FROM GET LIFTED GYM -



## FEEDING THE BEAST

All our “Get Lifted Recipes” are designed to combine both optimum nutrition and delicious taste all the while being



educational. Using a few quality seasonal ingredients in an easy to follow cooking system anyone can make them. Get Lifted wants these recipes to be “fully adjustable” in both the number of servings you wish to feed on, as well as the amount of each individual ingredient in the dish. Just multiply the ingredients on your

## THIS IS NOT A DIET, IT'S A LIFESTYLE

shopping list times the number servings you want to finish with. Feel free and confident to adjust the recipe to suit your taste, like more onions? Put more onions! Also our Get Lifted recipes are created so that you can prepare all of your ingredients ahead of time, then when ready, you can make each dish in just a matter of minutes. We hope you enjoy making and more importantly feeding on our “Get Lifted Recipes”. Enjoy.

### Pan Seared Wild Salmon with Bacon-Red Onion Relish and Lemon Roasted Red Pepper Mayonnaise (mayo recipe follows)

*Yield: single serving*

#### *Get Shopping:*

**1 ½ slices of bacon** when shopping for bacon we always read the ingredients and look for the most natural product

**1 medium sized red onion** red or purple onions are milder and sweeter than white or yellow onions making them better suited for this dish. All onions contain two very powerful antioxidants, sulfur and quercetin. Both help neutralize the free radicals in the body, and protect the membranes of the body's cells from damage.

**3 tablespoons balsamic vinegar** balsamic vinegar is essentially boiled grape juice that is aged in wooden barrels along with some bacteria. It has a fruity sweet flavor lending itself well to salad dressings marinades or a flavor component as in this dish

**Single bunch of parsley** you can almost always find two versions of parsley in the produce section of your local market, curly and flat leaf or sometimes called Italian Parsley. Curly is the highly overused garnish that one finds floating around on your plate at almost any restaurant in the U.S. Flat leaf parsley has more essential oils than its generic cousin curly thus having more flavor and not to mention, is a rich source of antioxidants.



**Sea Salt** sea salt is far healthier than refined table salt and because it has so much more flavor and texture your bound to use less

**Fresh ground black pepper** buy the whole pepper that comes in the jar with the built in grinder. Like any spice black pepper taste better fresh ground.

**1 -8 oz. Salmon filet** Salmon is a very good source of high quality protein and is loaded with Omega 3 fatty acids that provide a wide range of cardiovascular benefits. As always source “wild” or “wild caught” fish over farmed whenever possible.

### *Get Prepping:*

A good tip for preparing your ingredients is to grab a number of little bowls and have them at the ready so that as you are chopping slicing and dicing you have some place to put your prepped ingredients. Then you can either cover them and have them ready for later or use them immediately. Either way you remain organized.

1. **Slice bacon crossways into thin strips and reserve in a bowl.**
2. **Peel onion and trim ends. Cut onion into quarters. Save one quarter and store the rest.**
3. **Thinly slice the onion quarter and reserve in a bowl.**
4. **Measure out your vinegar in a bowl and reserve.**
5. **Wash and pat dry parsley bunch. While leaving it still in the bunch start giving it a chop over and over until the parsley is a finely chopped. When using an herb such as parsley there is no reason not to use the stem which has more flavor than even the leaves do. Plus unless you save the stems for other uses such as adding flavor to a broth you will not be wasting it.**
6. **Rinse and pat dry the salmon and reserve in a bowl.**



## Get Cooking:

**Step 1. Making the Bacon-Red Onion Relish.** In a medium sauté pan over medium heat, sauté bacon pieces just until crisp. Drain off half of rendered bacon fat and reserve in a bowl leaving the remaining fat with bacon in the pan. Add onions to pan, cook stirring occasionally, until onions are lightly browned, 5 to 7 minutes. Add vinegar and cook, stirring a few times, for another 3 minutes, or until most of the liquid has evaporated. Remove from heat, add parsley, mix well, and season with salt and pepper to taste. Set aside and keep warm.

**Step 2. Sautéing the Salmon.** Season fish on both sides with salt and pepper. In a medium size sauté pan over medium high heat add reserved bacon fat and cook fish about 7 minutes per side. Don't be afraid to flip fish back and fourth just take care in doing so. Fish should have a nice seared color to both sides. Remove salmon from heat set aside and keep warm.

## Get Plating:

1. Spread the **Lemon Roasted Red Pepper Mayonnaise** on the plate just off center.
2. Place the Salmon in the center of plate taking care not cover **Lemon Roasted Red Pepper Mayonnaise** and top with **Bacon-Red Onion Relish**.



## Lemon Roasted Red Pepper Mayonnaise

1 cup olive oil  
1 egg  
1 tablespoon fresh lemon juice  
1/2 whole roasted red pepper canned or bottled. Rinse pepper rough chop and reserve in a bowl.

Combine egg roasted red pepper and lemon juice in a blender. Turn on low setting and slowly drizzle in oil until desired thickness is reached. Should be about the thickness of regular store bought mayonnaise.

**Recipe Notes:** this recipe will work well with any full flavored fish such as halibut grouper or mackerel and even shrimp.

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