



THERE'S PLENTY OF FISH IN OUR SEA!

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Name: Dane Madrigal

Recipe Title: Iowa Salmon

Recipe Ingredients:

- Six ounce salmon slab
- Two table spoons of olive oil
- Salt
- Pepper
- One white onion
- One lemon
- One bag of white rice
- Cilantro
- Parsley
- One red, yellow, and green pepper
- One carrot
- One can of green beans
- One can of mini corn
- Teriyaki sauce
- Chestnuts

Recipe Instructions

1. Start to heat an oven to the temperature of 350 degrees
2. take about a foot and a half of aluminum foil and put two tablespoons of olive oil into it
3. Once the olive oil is spread out, but the skin side of the six-ounce fish down on the oil
4. Proceed to take the onion and chop it into slices to then be laid over the fish
5. Then take the lemon and cut it in half, with one-half squeeze the juice onto the fish,

then lay it on top; with to other half, dice it more and then lay those pieces directly into the fish

6. Once this has all be accomplished, foiled the foil up to the top and gently close it so that there is room inside for the fish to get smoked

7. With this done, bring water to boil on the stove top and insert rice into the water until it is done cooking, this rice will be used as the serving platter of the fish

8. Take the rice out of the back and chop cilantro into the rice in a modest amount

9. Now take all the peppers, gut them, and make them into very fine stands, do the same for the baby corn, carrots, and green beans, once this has all been accomplished toss them into a pile; these ingredients will complete the stir-fry as the side dish

10. A pan should then be on the stove on medium-high heat and with another two tablespoons of olive oil in it

11. The vegetables may then be tossed into the pan to cook with the teriyaki sauce added midway to adhere the vegetables together

12. The fish should then be ready to be taken out of the oven and should be lightly salted and peppered.

13. The onions should be taken out and caramelized with the juices left from the fish being in the oven, then the caramelized onions should be put into the vegetable stir fry

14. The dish can now be prepared on a plate and be garnished with roasted lemon from the fish baking and parsley