



## **Blackened Salmon with grilled bok choy and soy ginger vinaigrette**

*Yield: 5 servings*

### **For the salmon's blackened spice mixture:**

- 2 tbsp. sweet paprika
- 1 tsp. onion powder
- 1 1/2 tsp. cayenne pepper
- 1 tsp. whole thyme leaves
- 2 1/2 tbsp. Sea salt
- 1 1/2 tsp. garlic powder
- 2 tsp. lemon pepper
- 1 1/2 tsp. whole basil leaves
- 1 tsp. white pepper
- 1 tsp. Black Pepper

In medium mixing bowl, combine and mix all spices.

### **For the Salmon:**

5 Boneless, Skinless Salmon Filets

1. Season Salmon with salt on both sides of the filet.
2. Place in medium size bowl and lightly coat with blackened spice mixture. Drizzle with Olive Oil. T
3. Place on grill for 2 minutes. Turn filet ¼ of a turn and grill 2 minutes. Flip entire filet and repeat process until desired doneness.

### **Bok Choy**

- 2 TBSP Sesame oil
- Salt and pepper (to taste)
- Garlic 1 tsp minced
- 1tsp minced ginger

1. Toss lightly in mixing bowl.
2. Make a pouch out of foil, seal.
3. Place on grill for 5 minutes
4. Open Pouch, remove bok choy and place on grill to mark quickly about a minute, until grill marks appear.

### **For the Soy Ginger Vinaigrette:**

1 tbs. finely chopped garlic  
1 tbs. finely chopped ginger  
.25 tsp red pepper flakes  
1.5 tbs. rice wine vinegar  
1.5 tbs. light soy sauce  
3 tbs. soy or vegetable oil  
1 tbs. sesame oil  
3 tbs. honey

1. Place all ingredients (except for the Soy Oil and the Sesame Oil) in a blender.
2. Blend for 2 minutes at medium speed and then slowly drizzle the Sesame oil and the Soy oil.
3. Garnish Dish with Vinaigrette.

### **Beauty Dishes**

**Spring Salad** Fresh Fava Beans, Sweet Peas, Pickled Red Onion, Fiore Sardo Pecorino, Frisee

**Burrata** Pesto, Red Pepper, Sour Dough Crostini

### **Rhubarb Strudel**

#### **About Chef Edwin Bellanco**

Chef Bellanco first became interested in cooking as a boy helping his Italian grandmother cook secret family recipes. Growing up outside of Cleveland, Edwin developed his love of food by working in the kitchens of various local restaurants throughout his high school and college years. After college, Edwin decided to turn his passion into a career and moved to New York to begin cooking earnestly.

Edwin landed his first job in New York at Gramercy Tavern in 1995. He soon developed an appreciation for Chef/Owner Tom Colicchio's philosophy of using fresh and local ingredients to create simple, delicious food. Also during this time, Edwin joined Marco Canora as Sous Chef at La Cucina on Martha's Vineyard for two seasons. La Cucina became very successful and gave Edwin the opportunity to cook for many celebrities, including then-President Clinton, catering his birthday party. He went on to work at the much-celebrated Chef David Bouley's Danube and later, Bouley, where he was sous chef.

After the Bouley years, Edwin moved to Napa Valley for a stint at Thomas Keller's renowned French Laundry, where he experienced West Coast haute-cuisine. He then came back to New York and joined Chef Shea Gallante as Sous Chef for the opening of the three-star restaurant Cru.

With Vitae, Chef Bellanco is taking his eighteen years of experience with food and wine and offering it now in his own vision. It's a progressive, cutting-edge restaurant in the heart of Midtown – a rarity in the neighborhood.

