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# Recipe: Wild Salmon with Grilled Vegetable Succotash

This simple, flavorful preparation of salmon and a bright vegetable side comes from the Reno restaurant Campo.

By [Carolyn Jung](#)



Two restaurants—one in Reno, one in California's Sierra Nevada—serve this succulent salmon dish.

## Wild Salmon with Grilled Vegetable Succotash

Campo, Reno, Nev., and Campo Mammoth, Mammoth Lakes, Calif.

Not all chefs are fortunate enough to have their own dedicated fisherman. But among the lucky ones is Mark Estee, chef and proprietor of Campo (50 N. Sierra St., Reno, 775-737-9555, [camporeno.com](#)) and Campo Mammoth (6201 Minaret Rd., Ste. 240, Mammoth Lakes, Calif., 760-934-0669, [campomammoth.com](#)).

Estee's coveted source is a Reno friend, a firefighter who regularly steers his boat to Bodega Bay during Northern California's salmon season. "He'll call me and say 'They're biting—how many do you want?' I tell him I'll take 12," Estee says. "When I get them, they are super fresh, barely 24 hours out of the water."

At Campo—the name means "gathering spot" in Italian—Estee practices sea-to-table, nose-to-tail, and root-to-stalk cooking. The restaurant makes its own pastas by hand and butchers its own animals.

Salmon, with its high oil content, is ideal for the grill because it can stand up to the heat. Estee thinks grilling is a perfect way to prepare the fish at home, too, because nothing says summer like cooking outdoors. The corn, tomatoes, green beans, and zucchini for the succotash also get a turn on the grill, which imparts a wonderful smokiness. Even if you don't have a fisherman at your beck and call, this dish might make you feel as if you do.

Want to suggest a recipe that VIA could track down from a restaurant in the West? Email us at [viamail@viamagazine.com](mailto:viamail@viamagazine.com).

## Wild Salmon with Grilled Vegetable Succotash

Serves 4

Adapted from the recipe by Mark Estee at Campo

### For the salmon:

4 (5-ounce) wild salmon fillets, pin bones removed

2 tablespoons grapeseed oil  
Kosher salt  
Coarsely ground black pepper

**For the succotash:**

2 ears of corn, shucked  
½ cup green beans, stems removed  
½ cup cherry tomatoes, stems removed  
½ cup zucchini coins, cut ½ inch thick  
1 sprig fresh thyme  
1 sprig fresh basil  
4 tablespoons grapeseed oil  
4 tablespoons extra virgin olive oil  
Juice of 2 lemons  
Kosher salt  
Coarsely ground black pepper  
1 cup pea sprouts or other small, fresh greens

- 1) Heat an outdoor grill to high.
- 2) Brush the ears of corn with a light layer of grapeseed oil, then season them with salt and pepper. Toss the green beans with a little grapeseed oil, season them with salt and pepper, then proceed to do the same with the tomatoes and zucchini.
- 3) Place the corn on the grill and char the ears all over. Transfer them to a platter.
- 4) In a grill basket set on the hot grill, cook the beans until tender and lightly charred, then transfer them to a platter. Repeat those steps with the tomatoes and zucchini.
- 5) Pull the leaves from the thyme and basil sprigs and chop them coarsely.
- 6) With a sharp knife, cut the corn kernels from the cobs and transfer them to a bowl. Dice the beans, tomatoes, and zucchini; add them to the bowl. Add the chopped herbs, extra virgin olive oil, lemon juice to taste, salt, and pepper. Stir the ingredients well.
- 7) Brush the salmon fillets with grapeseed oil, then season them on both sides with salt and pepper. Place salmon fillets on the grill, skin-side up, and cook for three to four minutes. Flip the fillets and cook for another three to four minutes. The salmon should remain slightly pink in the center.
- 8) Place the fillets on a large serving platter and spoon the succotash over the top. Garnish with the pea sprouts.