Seared Alaskan Salmon with Beluga Lentils

SERVES 8 PREP TIME 15 min COOK TIME 20 min

Ingredients

8 (8-ounce) fillets of salmon, skin-on
1/4 cup extra-virgin olive oil
Kosher salt and freshly ground black pepper, as needed, to taste
Beluga Lentils, recipe follows
Confited Parsnip, recipe follows
Braised Endive with Pancetta, recipe follows
Oven Roasted Tomatoes, recipe follows
Aged Sherry Vinaigrette, recipe follows

Beluga Lentils

3 tablespoons extra-virgin olive oil, plus more as needed
2 large shallots, chopped fine
4 cloves garlic, chopped fine
2 cups dried beluga lentils
5 cups chicken stock, vegetable stock, or water
Kosher salt and freshly ground black pepper, as needed, to taste

Confited Parsnip

2 pounds parsnips, peeled and cut into cubes
Extra-virgin olive oil, as needed for frying

Oven Roasted Tomatoes

2 pounds Roma tomatoes, quartered
1/4 cup Extra-virgin olive oil
2 tablespoons kosher salt
1 tablespoon sugar
1 teaspoon freshly ground black pepper
1 cup fresh basil leaves, chopped

Aged Sherry Vinaigrette

1 cup sherry vinegar
3 tablespoon Dijon mustard
1/4 cup honey
1/2 cup extra-virgin olive oil

Directions

Rub salmon fillets with olive oil, salt and pepper. Refrigerate for 30 minutes. Heat a large sauté pan over medium-high heat until very hot. Place salmon into pan skin side facing up. Cook 2-3 minutes or until browned. Gently turn over and continue cooking for 2-3 minutes for medium to medium rare doneness; optionally continue cooking until desired degree of doneness.
Evenly divide Beluga Lentils (recipe follows) among 8 plates, placing lentils in a mound in the center of each plate. Evenly divide Confited Parsnip, Braised Endive, and Oven Roasted Tomatoes (recipes follow); place onto each plate behind lentils. Place 1 salmon fillet onto each mound of lentils; spoon Aged Sherry Vinaigrette (recipe follows) over each fillet.

Beluga Lentils

Heat 3 tablespoons olive oil in a medium pot, about 4 quarts, over medium heat. Add shallots and garlic; cook, stirring frequently, until translucent, about 3 minutes. Add lentils and continue cooking for 3 minutes. Add enough stock to cover lentils. Cook for 50 to 55 minutes or until lentils are soft. Continue adding stock as necessary during cooking to keep liquid above lentils. Add salt and pepper to taste.

Confited Parsnip

Place parsnips into a large sauce pot. Add oil until parsnips are covered. Place pot over low heat and cook slowly until parsnips are tender to taste but not browned. Set aside to keep warm. Remove parsnips from oil and drain quickly before serving.

Braised Endive with Pancetta

Heat olive oil in a large skillet over medium-high heat. Add pancetta and cook until brown and crispy, about 5 minutes. Add endive leaves and cook until wilted, about 6 minutes. Add salt and pepper to taste.

Oven Roasted Tomatoes

Preheat oven to 225 degrees Fahrenheit. Line a cookie sheet with sides with parchment paper. Place tomatoes onto prepared cookie sheet. In a small bowl combine salt, sugar, and pepper; sprinkle evenly over tomatoes. Bake tomatoes in oven for 2 to 3 hours or until tomatoes are browned and deflated in size.

Aged Sherry Vinaigrette

Place vinegar, mustard, and honey in the pitcher of a blender; blend until well combined. While blender is running on low speed, slowly add olive oil through top of blender. Continue blending until dressing is thick and glossy.