Pan Seared & Roasted Salmon with Lentils and

Simple Red Wine Reduction

SERVES 4

Ingredients

4 (7-ounce) Alaskan King Salmon fillets, skin off
2 teaspoons kosher salt
1 teaspoon freshly ground black pepper
2 tablespoons olive and canola oil blend
Lentils, recipe below
Red Wine Reduction, recipe below

Lentils

1 small carrot, peeled and chopped small
1 slice bacon, chopped
1 tablespoon canola oil
3 cups vegetable stock or broth
1/2 cup caviar lentils
1 teaspoon salt
1/2 teaspoon freshly ground black pepper

Simple Red Wine Reduction

1 cup dry red wine
2 tablespoons sugar
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper

Directions

Preheat oven to 375 degrees Fahrenheit. Season salmon with salt and pepper; add more or less as desired. Heat oil in a large non-stick skillet over medium-high heat until very hot. Sear salmon on one side (skined side) until crisp and browned, about 2 minutes.. Remove salmon from pan and place on cookie sheet or oven safe dish. Place in preheated oven and bake for 12 minutes or until fish is fully cooked and opaque throughout.
Serve each fillet on a bed of Lentils(recipe below) and with a drizzle of Simple Red Wine Reduction(recipe below).

Lentils

Cook carrot, bacon and oil, in a small pot over medium heat. Cook for 5 minutes, stirring occasionally, until bacon is rendered. Stir in stock, lentils, salt and pepper. Bring to a boil, reduce to a simmer, cover and cook for 35 minutes or until lentils are tender.

Simple Red Wine Reduction

In a small pot over medium-low heat, combine red wine and sugar. Simmer until wine is reduced by half, about 20 minutes. Sauce should be syrupy and coat the back of a spoon. Stir in salt and pepper, add more or less as desired.