



Pan Seared Salmon & Crimson Lentils

PAN SEARED SALMON & CRIMSON LENTILS

Ingredients

- 6-7 ounces of Salmon
- 1 tsp. parsley
- 1 tsp. thyme
- 1 cup extra virgin olive oil
- ¼ cup white wine
- 1 cup crimson lentils
- 1 tbsp. lemon juice
- ½ cup celery
- ½ cup onion
- ½ cup Carrots
- 3 cups chicken stock
- 1 tbsp. blood orange balsamic
- 1 tsp. sriracha
- Salt and Pepper to taste

Steps

Brunoise cut your celery, onion, and carrots than use 4oz extra virgin olive oil and sauté your vegetables in a sauce pan.

Add your crimson lentils and your chicken stock to pan, bring to simmer and cook for 20 minutes. Add salt and pepper to taste and then add 1 Tablespoon lemon juice

Finely chop your parsley and thyme.

Season salmon with salt and pepper and then sprinkle your herbs on the flesh side of the salmon.

Add ½ cup off extra virgin olive oil to a sauté pan. Once you're extra virgin olive oil is hot place flesh side of salmon down in pan. Cook the salmon till golden brown, flip the salmon add ¼ cup off white wine and lemon juice place in 350 degree oven for 10 minutes.

Plating: Place a large spoon full of the lentils in the middle of the plate and then place the salmon flesh side up on top of the lentils. Take your blood orange balsamic and draw a circle around the salmon. Along the circle place 9 small dots of Sriracha and then top with micro greens.

Recipe by: *Robert Saalfeld C.E.C.*
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Video recipe online at www.GreaterNaplesYMCA.org



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