

Mustard Salmon with Cannellini Bean Ragù

Adapted some from a Giada De Laurentiis recipe



RAGU:

- 3 tablespoons extra-virgin olive oil
- 1 large shallot, minced
- 2 garlic cloves, minced
- 2 tomatoes, chopped (or a 15 ounce can, drained)
- 2 teaspoons thyme, finely chopped (or less if using dried)
- salt and freshly ground black pepper
- 30 ounces canned cannellini beans, rinsed and drained
- 3/4 cup chicken stock, or more if needed
- 3/4 pound escarole, dark green leaves discarded and remaining leaves torn (or substitute baby spinach or arugula)
- 2 ounces prosciutto, chopped
- 1 teaspoon lemon zest

SALMON:

- extra-virgin olive oil
- 24 ounces salmon fillets
- salt and freshly ground black pepper
- 1 1/2 tablespoons Dijon mustard
- 1 1/2 tablespoons whole grain mustard
- 2 teaspoons dry white wine (or red if that's all you have)
- 2 garlic cloves, minced
- 1 teaspoon thyme, finely chopped (or Italian parsley)
- 1 teaspoon lemon juice, or more if needed
- 1/4 cup Italian parsley, chopped, for garnish

Per Serving (excluding unknown items): 529 Calories; 19g Fat (32.1% calories from fat); 49g Protein; 40g Carbohydrate; 12g Dietary Fiber; 98mg Cholesterol; 1439mg Sodium. Exchanges: 2 Grain(Starch); 5 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. RAGU: In a deep skillet, add the oil, shallot and garlic and cook over moderate heat, stirring, until softened, 3 minutes. Add the tomatoes, thyme and a pinch each of salt and pepper. Cook, stirring, until the tomatoes start to break down, 4 minutes. Add the beans and stock and simmer until the beans are hot, 2 minutes. Add the escarole, prosciutto and lemon zest and cook over moderately high heat, stirring, until the escarole is just wilted, 4 minutes; if the bean ragù is too thick, add a little water. It's nice to have a bit of the broth on the plate, so do add water or more broth as needed. Add lemon juice and taste for seasonings. Add more lemon juice to give it ample zip, if needed. IF you substitute spinach or arugula for the escarole, don't add it until just before serving, as it's best when it's barely cooked through. The escarole can handle a bit longer cooking.
2. SALMON: Preheat the broiler. Line a rimmed baking sheet with foil and brush it with oil. Season the fish with salt and pepper and set on the baking sheet. In a bowl, whisk both mustards with the wine, 2 teaspoons of oil, the garlic, thyme and a pinch each of salt and pepper. Broil the salmon fillets 6 inches from the heat for 2 minutes, until the top just starts to brown. Spoon the mustard on the salmon and broil for 5 minutes, until the fish is nearly cooked through and the top is browned. Test to see if the fish is cooked through - if not, turn oven temp to 400° and continue to bake for 3-4 minutes. Spoon the bean ragù into bowls or a dinner plate with somewhat sloped sides, top with the fish and serve, sprinkled with chopped parsley.