

Crispy Salmon with Spiced Lentils and Herb Salad

Carolyn T's
Main Cookbook
Servings: 6

Author: From "More Cooking in the Wine Country" by Joanne Weir

Source: From a cooking class with Joanne Weir



Description: A one-dish meal, or a plate with three layers of textures & flavors.

Preparation Time: 30 minutes

Start to Finish Time: 1 hour

1. Brush the salmon fillets with 1 T. of the oil, cover and reserve in the refrigerator.
2. Sort the lentils and discard any stones or debris. Place the lentils and cloves in a large saucepan and cover with water by at least 2 inches. Over high heat, bring to a boil, turn the heat to medium low and simmer uncovered until the lentils are almost tender, about 15-20 minutes. Drain the lentils and discard the clove packet.
3. In a large skillet heat the remaining 3 T. oil and cook the red onions until soft, about 7 minutes. Add the garlic, cumin, ginger, turmeric, paprika and cayenne. Cook uncovered, stirring occasionally, for one minute. Add the tomatoes, clam juice (or fish stock) and cook for 2-3 minutes. Add the parsley, cilantro and lentils, and cook, stirring occasionally, about 2 more minutes. Season with lemon juice, salt and pepper. Add more lemon juice if desired.
4. Heat a large nonstick frying pan over medium heat. Cook the salmon on one side only, until golden brown, about 4-5 minutes. Turn the salmon, season with salt and pepper, and continue to cook until done, 3-4 more minutes.
5. Add chicken stock or water to the lentils if they are too dry. You want to have just a little fluid. Spoon a large scoop of lentils onto a heated plate, top it with the sizzling hot salmon fillet, and top with a portion of the Herb Salad.

LENTILS:

- 1 1/2 cups lentils, French - De Puy
- 8 whole cloves, tied in cheesecloth
- 3 tablespoons extra virgin olive oil
- 1 large red onion, minced
- 3 cloves garlic, minced
- 2 cups diced tomatoes, Muir Glen fire-roasted, if available
- 1 1/2 cups clam juice, or seafood broth
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons ground ginger
- 3/4 teaspoon turmeric
- 3/4 teaspoon paprika
- 1/4 teaspoon cayenne, or less, to taste
- 1/3 cup parsley, chopped
- 1/3 cup cilantro, chopped
- 2 tablespoons lemon juice

SALMON:

- 2 pounds salmon fillet, cut into 6 pieces
- 1 tablespoon olive oil
- Salt and pepper to taste
- 6 lemon wedges for garnish

HERB SALAD: (separate recipe)

- 1 1/2 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- 3/4 cup Italian parsley, fresh, whole, washed, dried
- 1/2 cup basil leaves, fresh, washed, dried
- 1/4 cup mint leaves, washed, dried
- 2 cups arugula leaves, long stems removed, washed, dried
- Salt & pepper to taste

Suggested Wine: Pinot Noir

Categories: Fish

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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*Per Serving (excluding unknown items): 521 Calories;
20g Fat (34.2% calories from fat); 46g Protein; 42g*

*Carbohydrate; 20g Dietary Fiber; 79mg Cholesterol;
148mg Sodium. Exchanges: 2 1/2 Grain(Starch); 5 1/2
Lean Meat; 1 1/2 Vegetable; 0 Fruit; 3 Fat.*