

Chefs A' Field

Culinary Adventures That Begin on the Farm



RISOTTO CRUSTED WILD ALASKA SALMON

By Matt Little Dog of Simon & Seaforts

(1 serving)

INGREDIENTS

One 8 ounce fresh, wild Alaska boneless salmon filet

1 ounce clarified butter

2 ounce red onion, julienne ¼"

½ cup mix of red & yellow peppers, julienne ¼"

2 ounce asparagus spears, cut 3" of tip only

1 ounce clarified butter

½ tsp garlic, minced

½ cup white wine

½ cup lobster or fish stock

1 cup heavy cream

1 cup cooked risotto

Portion 2 ½ oz. of cooked and chilled risotto and place on top of salmon (flesh side) and press to spread risotto to cover all exposed areas of salmon flesh.

Place Clarified butter over a high heat burner until it begins to smoke, then place the risotto crusted salmon (risotto side down on platter). Let cook over the burner for about 1 minute, then place the whole pan in a 450 degree oven for about 6–8 minutes or until salmon is 125 degrees internal temperature.

Meanwhile in a heated sauté pan add 1 oz. butter, red onion, pepper's and asparagus and begin to sauté for about 1 minute, then add the garlic and deglaze with wine. Add the stock and reduce by half. Then add the cream and reduce by half, again. Salt and pepper to taste.

Remove salmon from oven and with a spatula carefully remove salmon filet from pan and turn up-side down over the cream and veggie sauce so the crust is served on top.

Courtesy of Chefs A' Field.