

Wild Salmon with Mustard Herb Butter, French Lentils & Cumin Spiced Spinach

Adapted from *Gourmet*

Serves 4:

Ingredients

French Lentils:

1 cup green French Puy lentils
4 cups water
1 small onion, peeled
6 to 8 whole cloves
1 tablespoon olive oil
1 leek, white and light green parts, split, washed, and diced
2 to 3 carrots, peeled and finely diced
1 garlic clove, minced
1 tablespoon lemon juice, or more to taste
kosher salt and freshly ground black pepper

Mustard Herb Butter:

5 tablespoons unsalted butter, softened
1 tablespoon tarragon, chopped
1 tablespoon chives, chopped
2 teaspoons whole grain mustard
2 teaspoons fresh lemon juice
kosher salt and freshly ground black pepper

Salmon:

1 1/2 pound salmon or salmon trout, preferably wild, cut into 4 fillets
kosher salt and freshly ground black pepper
1 teaspoon butter
1 tablespoon grapeseed or vegetable oil

Cumin Spiced Spinach:

2 tablespoons olive oil
2 smashed garlic cloves
2 teaspoons ground cumin
1 large bunch spinach leaves
kosher salt and freshly ground black pepper

Preparation

Combine lentils with 4 cups of water in a saucepan.

Press whole cloves in the middle of a peeled onion; add to lentils in pan and bring to a boil.

Reduce to a simmer and cook the lentils for 20 minutes, stirring occasionally.

When properly cooked, lentils should be tender to the bite and most of the liquid will be absorbed.

Make Mustard Herb Butter: leave unsalted butter at room temperature until softened.

Mix in tarragon, chives, whole grain mustard, lemon juice, kosher salt, and freshly ground black pepper.

Set aside until ready to use.

In a medium sauté pan, heat olive oil over medium heat.

Sauté finely diced leeks and carrots, stirring occasionally, for about 5 minutes until tender.

Add garlic and sauté for another minute; set aside.

Heat butter and grapeseed oil in a cast iron pan or heavy skillet over medium heat until shimmering.

Dry salmon fillets with paper towel and season on both sides with kosher salt and ground black pepper.

When the skillet is smoking hot, add salmon fillets, skin side down.

Sear the salmon for 3 to 4 minutes, then using a spatula, carefully flip the the fillets over. Cook for an additional 4 to 5 minutes, or until the the fish is mostly opaque on the exterior and medium rare on the interior. If you prefer your fish to be more well done, let it cook a minute or two longer.

Using a slotted spoon, add cooked lentils to leeks and carrots in sauté pan.

Over medium low flame, cook until heated through.

Stir 2 tablespoons of the composed butter into lentils and vegetables.

Add 1 tablespoon lemon juice, or more to taste; season with kosher salt and freshly ground black pepper.

Make Cumin Spiced Spinach: in a large skillet, heat olive oil over medium heat.

Add smashed garlic cloves and ground cumin for kick and toast for 2 minutes.

Stem and rinse the spinach, leaving the water clinging to its leaves.

Carefully add the spinach to the hot skillet and stir; cover and cook down for 4 to 5 minutes.

Taste and season with kosher salt and freshly ground black pepper.

Plate a mound of the lentils.

Place a fish fillet on top and dot with some of the composed butter.

Serve the spinach, along with a few of the caramelized garlic bits, alongside.