



King Salmon with Warm Farro, Leek and Frisee Salad with Parsley Lemon Dressing

Recipe prepared by Ethan Stowell (Ethan Stowell Restaurants) Serves 2

Ingredients:

16 ounce center cut king salmon filet
1/2 cup cooked Emmer Farro
1 leek cut into 1/2 inch thick rounds
1 head Frisee, trimmed of green outer leaves, washed and dried
4 Tbls. Chopped Italian parsley
1 lemon juiced
4 tsp. Minced shallot
Extra virgin olive oil
Salt and pepper

Directions:

To prepare 1/2 cup cooked Emmer Farro:

Simmer farro in a pot with water and 1 tsp salt

Cook for 30-40 minutes until tender over medium heat

To make the parsley lemon dressing:

Mix the parsley, lemon juice, shallots and 1/2 cup extra virgin olive oil together in a bowl. Season with salt and pepper. Set aside until needed.

To make the farro, leek and Frisee salad:

Heat a medium sized sauté pan over medium heat. Add two tablespoons olive oil and the leeks. Sauté the leeks until they are golden brown and cooked all the way through. Add the farro to heat through. Set aside and keep warm.

To cook the salmon:

Heat a medium sized sauté pan, preferably non-stick, over medium high heat. Add two tablespoons olive oil. Pat the salmon dry and season with salt and pepper. Place the salmon in the sauté pan and cook 3-4 minutes per side. Make sure salmon is crispy and golden brown on each side. Remove from pan and set aside as you finish the dish.

To finish:

Toss the farro and leeks together with the Frisee. Spoon half of the dressing in the salad. Mix and season to taste with salt and pepper.

Spoon the salad on a warm plate, place the salmon next to the salad. Spoon remaining dressing over the salmon. Enjoy!