

Seared Salmon with Lentils

Prep time: 45 minutes

Difficulty: Medium

Serves: 4

Recipe by Gracie Schatz

4 (6-8 oz) Silver Salmon Fillets, skin on*

2 T. oil for pan frying salmon (non-GMO canola, coconut, safflower, etc.)

For the Lentils:

2 T. coconut oil

4 cloves garlic, peeled and roughly chopped

1 T. cumin seeds

1 cup green or red lentils*

½ cup dry white wine*

1 large onion, sliced

1 T. turmeric

2 t. Garam Masala

1 pint fish stock*

Salt to taste

For the Harrissa Yogurt Sauce:

1 cup plain, whole milk yogurt

1 clove garlic, grated with a microplane

Salt to taste

2 T. Harissa paste*

1 T. olive oil*

**Available at Newman's Fish Company*

Start by cooking your lentils. In a large sauce pot, over high heat, warm your coconut oil. Add onions and cook until they start to develop a golden color, around 6-8 minutes, stirring regularly. Add garlic and spices and continue to cook until the garlic is cooked through and you can smell the spices, about 2 minutes. Add your lentils, fish stock and wine. Once this liquid is boiling, reduce the heat to low heat and allow to cook until the lentils are tender, about twenty minutes, stirring every five minutes or so.

continued on reverse >



This delicious pan-seared silver salmon with lentils and harissa yogurt sauce pairs beautifully with a dry Reisling. Enjoy!

PURVEYORS OF FINE FISH & SEAFOOD SINCE 1890



NEWMAN'S FISH MARKET
1545 Willamette St, Eugene
541-344-2371

NEWMAN'S GROTTO
485 Coburg Rd, Eugene
541-485-9292

For more recipes and preparation tips talk to any of the staff at Newman's, or visit www.newmansfish.com

While your lentils are cooking, make sure your salmon is brought to room temperature. Pat the salmon dry with a paper towel, this will ensure that you get the crispiest skin when you are pan frying.

While the salmon is tempering, make your yogurt sauce by mixing all of the ingredients together in a small bowl with a whisk. Harissa is a little spicy, you can add more or less of the paste to your liking. Add salt to taste and set aside in the refrigerator until your salmon is cooked. This sauce should be served cold and will last up to a week in the fridge.

Once your lentils are tender, it is time to cook your salmon! Heat a large non stick or cast iron pan on high heat. Once it is hot, add your cooking oil. Liberally salt your salmon. Lift the pan so the oil pools away from you. Carefully lay your salmon fillets in the pan skin side down and use a hard metal spatula to press them down. Reduce the heat to medium and turn your hood fan on! Give your pan a little shake to make sure the salmon is not sticking to the pan, it should slide. You don't want to crowd your pan so it is okay to cook the fillets two at a time. Watch the salmon fillet cook, when half of the fillet has turned opaque and pink, carefully flip the fillet over, this should take about 5 minutes. Continue to cook the salmon on the flesh side for 3-5 minutes, depending on how well done you like it.

Serve the salmon over the lentils skin side up and drizzle yogurt sauce over the top. Garnish with freshly picked cilantro and a squeeze of lemon or lime.

