

# PAN SEARED SALMON WITH ASPARAGUS RISOTTO



## INGREDIENTS

- |       |  |     |  |   |  |
|-------|--|-----|--|---|--|
| 1     | pound asparagus, trimmed                     | 1/2 | cup Chardonnay or other dry wine                         | 4 | tablespoons Saba vinegar (also known as sapa, vin cotto or mosto cotto, it is an Italian syrup made from cooking down grape must. It looks and tastes similar to balsamic) |
| 5     | cups vegetable stock                         | 8   | tablespoons butter                                       |   | Salt and pepper to taste   |
| 4     | tablespoons olive oil                        | 1/4 | cup heavy cream  |   |  |
| 1/2   | cup chopped onion                            | 1   | lemon, juiced  |   |  |
| 1 1/2 | cups Arborio rice or medium-grain white rice | 4   | six-ounce fillets of wild or farm-raised Atlantic salmon |   |  |

## DIRECTIONS

### Asparagus Risotto:

- Blanch asparagus pieces in a large pot of boiling, salted water for 2 minutes.
- Drain and rinse asparagus under cold water.
- Cut the asparagus in half—cut the top part (head side) into 2 inch pieces.
- Chop the remaining asparagus and place into a blender with heavy cream—blend and reserve the mixture to the side.
- In a small saucepan, bring vegetable broth to simmer. Reduce heat to low and keep broth hot.
- Heat olive oil and 2 tablespoons of butter in a heavy, large saucepan over medium heat.
- Add chopped onion and sauté until translucent, about 4 minutes.
- Add rice and stir for 3 minutes.

- Add dry white wine, stir and cook until liquid evaporates.
- Add 1 cup of the broth and start the cooking process of the rice—keep adding the broth 1 cup at a time and stirring almost constantly for about 20 minutes until the rice has a creamy texture.
- Add the blanched asparagus pieces, the blended asparagus-cream mixture and lemon juice and stir until heated through, about 2 minutes.
- Remove from heat. Add 6 tablespoons butter and stir until incorporated.
- Season risotto to taste with salt and pepper.

### Salmon:

- Season the salmon fillets at room temperature with salt and pepper.
- Heat oil in a large, non-stick pan or skillet over medium-high heat until hot.

- Sear the salmon flesh-side down, pressing them lightly so the entire surface of the flesh comes into contact with the pan, until crispy and golden.
- Flip and sear the other side until the outside is crispy.

### Plating:

- In a soup bowl or large plate, evenly portion the risotto on each plate.
- Top with the salmon.
- Using a spoon, drizzle 1 tablespoon of Saba on top of the salmon.

