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Fresh wild salmon is still appearing locally in stores (big Coho sale at Whole Foods this week). I've put together a riff on a classic French dish this week. – Chef Linda

Pan-Seared Salmon with Lentils (Serves 4)

2 c French lentils (recommend green Le Puy lentils)
2 cloves garlic, peeled
½ red onion (intact) + 1 c diced red onion
3 bay leaves
2 Tbsp olive oil
1 ½ lb salmon fillet
½ tsp ground cumin
¼ tsp pepper
½ tsp ground coriander
Salt to taste
½ c chopped cilantro
1 lemon, for garnish

1. In a saucepan, combine the lentils with garlic, half a red onion (peeled, trimmed and cut into quarters with root still attached) and bay leaves. Stir in 5 cups of water and bring the mixture to a boil. Reduce to a fast simmer, cover and cook until lentils are tender (check mid-way to add more water if needed), about 20-25 minutes. Drain off any remaining water. Remove garlic, onion and bay leaves.
2. Heat a cast iron skillet or other heavy skillet over medium high heat. Sprinkle half of the spices (cumin, coriander, pepper) over both sides of the salmon. Add 1 Tbsp olive oil to the pan and immediately place salmon in the oil, skin side up. Sauté for 2 to 3 minutes, or until the fillet is cooked about 1/3 to ½ through (look for lighter colored flesh). Turn the salmon over and cook another 2 to 3 minutes until the skin is crispy and a toothpick inserted goes smoothly through the fish. Remove salmon to a plate.
3. Wipe out the skillet and reheat over medium high heat. Add the remaining olive oil and the 1 cup of diced onion. Sauté about 3 to 4 minutes until just beginning to become tender. Stir in the remaining spices (cumin, pepper, coriander) and the lentils. Heat lentils through, stirring in the cilantro just before service. Taste and add salt to your preference.
4. Portion the lentils among 4 plates along with a portion of the salmon. Squeeze a little lemon juice over the salmon and serve.

Shopping List: lentils, salmon, cilantro, red onion

Equipment Needed: Cutting board and knife, saucepan, cast iron skillet (or other heavy skillet), spatula, heatproof spoon, measuring cups and spoons

Pantry Staples: garlic, ground coriander, ground cumin, bay leaves, lemon, olive oil salt and pepper