

PAN-SEARED SALMON

with fennel risotto



FENNEL BROTH

- 2 medium fennel bulbs, tops included – sliced thin
- 2 medium yellow onions – sliced thin
- 3-4 cloves garlic – peeled
- 1 tbsp fennel seeds
- 1-2 pcs. parmesan rinds (1" X 4" pieces) – optional
- 12 cups water

Put all of the ingredients in a large pot. Bring to a boil, lower heat to a low simmer and let cook for about 30-45 minutes. Strain through a fine-mesh sieve, pressing down on all sides to extract as much liquid as possible. Return the strained stock to a saucepot and set aside. While stock is simmering, start preparing the risotto.

RISOTTO

- 1 medium fennel bulb – finely diced (save the fennel fronds, chop and reserve)
- 1 medium yellow onion – finely diced
- ¾ cup extra-virgin olive oil
- ½ cup sauvignon blanc or chardonnay
- 2 cups arborio or carnaroli rice
- Salt to taste
- ¼ cup unsalted butter
- ¼ crème fraîche

In a large shallow pan, heat olive oil over medium-high heat. When oil is hot, add the diced fennel, onion and a pinch of salt. Sauté the mixture until it is translucent. Lower the heat slightly and cover the pan. Let cook, covered, stirring occasionally, lowering the heat if necessary to prevent browning. Cook until the vegetables have reduced

in volume are jammy and completely tender, about 20-30 minutes. When mixture is almost done, reheat the reserved fennel broth and keep at a low simmer.

When the fennel-onion mixture is ready, raise the heat to high and add rice, stirring to coat rice evenly with the vegetable mixture. Add the wine and cook, stirring, until the wine has been absorbed. Keep adding ladlefuls of stock and stir vigorously until stock is absorbed into the rice before adding more stock. Continue until the rice is al dente, about 20 minutes. Beat in the reserved butter, stir in the crème fraîche and chopped fennel fronds. Salt to taste. Remove from heat, divide among six plates, and top with a piece of seared salmon. Serve immediately. (Left over fennel broth can be frozen and saved for future use.)

SALMON

- 6 5-ounce pieces of salmon filets – salt to taste
- ¼ cup unsalted butter, divided into 6 pats (to baste the salmon)
- Fennel Pollen – optional
- Olive oil to sear

Ten minutes before the risotto is ready, preheat a heavy-bottomed nonstick sauté pan over high heat. Add enough olive oil to cover the bottom of the pan. Season the salmon filets to taste with salt. When the oil is hot, slip the fish carefully into the pan. Let the fish sear until nicely browned on one side. Carefully turn the filets over. Lower heat and continue to cook until filets turn opaque and desired doneness (cooking time will vary depending on size and thickness of filets). Turn heat off or remove pan from heat and baste fish with butter pats. Dust with fennel pollen and serve with risotto.

Alternatively, the salmon can be seared on both sides and finished in a preheated oven at 350°. You can use either an ovenproof sauté pan or transfer the pieces to parchment or foil-lined sheet pan.

Serves 6

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