

Grilled Salmon with Red Wine Lentils

Serves 6

The secrets to perfect grilled salmon are a HOT oiled grill, salmon brushed with oil and hands off! Let the salmon cook without moving for two or three minutes and then turn to finish cooking. Cook your salmon to medium rare to prevent drying out.

3 1/2 to 4 1/2 cups reduced sodium chicken stock

Pinch of saffron

3 tablespoons olive oil

2 cups onion (about 1 small), 1/4 inch dice

1 cup carrots (about 2), 1/4 inch dice

1 cup celery (about 2 stalks), 1/4 inch dice

2 cloves garlic, thinly sliced

2 teaspoons Savor, divided

1 teaspoon cumin

1/2 teaspoon smoked paprika

1/2 teaspoon turmeric

1 1/4 cup French style green lentils do not substitute

2 sprigs fresh thyme

1 bay leaf

1 cup Dusted Valley Stained Tooth Syrah

4 ounces baby spinach

Your best olive oil for garnish



6-6 ounce salmon fillets, skin removed

3 tablespoons olive oil

Savor

In a medium saucepan bring the stock to a simmer and set aside.

In a small bowl combine the saffron with a little of the warm stock, set aside.

Place a large sauté pan over medium heat, add the oil and the onion, carrots, celery and garlic. Sauté until softened, about 7 minutes. Halfway through cooking time add 1 teaspoon Savor, cumin, paprika and turmeric, stir to combine.

Increase the heat to medium high and add the wine. Cook stirring until the wine has been almost completely absorbed.

Reduce the heat back to medium and add the lentils, saffron with liquid, thyme and bay leaf. Start adding the stock in 1 cup increments stirring until absorbed (risotto style). Repeat with the remaining stock, checking occasionally for

doneness. The lentils will be al dente when done and there should be some remaining stock. This process should take about 30 minutes.

When done, stir in the spinach, taste for seasoning adding more Savor if needed. Cover and set aside off the heat while you cook the salmon.

Brush both sides of the salmon with olive oil and sprinkle the top side with Savor.

Place seasoned side down on a hot oiled grill and close the lid. Wait for two or three minutes (depending on the thickness of the salmon) open the lid and flip the salmon using a wide spatula. Continue to cook for another two minutes with the lid down until desired doneness.

To serve, spoon the lentils in a wide bowl, drizzle with your best olive oil. Then top with the salmon fillet and drizzle again.