

Pan Seared Salmon Filet
chorizo, white beans, lobster

Serves 2

INGREDIENTS

2 ea 6oz portion salmon filet
1 cup cooked white beans
2 tbsp raw fine diced pancetta
2 tbsp fine diced dried chorizo
2 ea fine diced shallot
3 tbsp fine diced onion
2 tbsp fine diced carrot
2 tbsp fine diced celery
2 tbsp rough chopped tarragon
4 ea fresh shucked lobster knuckles, roughly chopped
6 oz lobster broth (vegetable broth can be used as a substitute)
1 cup dry white wine
1 cup lobster bisque (can be found at most fish markets)
4 oz heavy cream
Olive oil for sautéing
Salt and pepper to season

METHOD

1. In a medium pot heat 2oz olive oil. Sauté the pancetta until fat is rendered and starting to crisp. Add the chorizo and diced carrot, celery, shallot and onion.
2. Sauté until the vegetables are tender, about 2 minutes. Add white wine and reduce by 1/3.
3. Add white beans and bisque and reduce the heat to a simmer. Season with salt and pepper and continue to simmer. Add cream, lobster and tarragon. Taste and adjust seasoning if necessary. Keep warm at a low simmer.
4. Season the salmon with salt and pepper. In a hot pan with olive oil sear on one side, reduce the heat and continue to cook until browned on one side.
5. Turn the fish over and cook on the opposite side for 3 minutes. Salmon should be served pink in the center. Cooking time should be no more that 7 minutes.
6. Pour the ragu into a shallow bowl. Place the salmon filet on top and drizzle with olive oil.