

Butter Poached Pepper Crusted King Salmon Over Bacon & Vegetable Risotto





Instructions

1. Pat salmon fillets dry and pull skin away in one gentle pull. There is no need to keep the skin on when shallow poaching fish as you are not going to get a crispy skin using this technique.
2. Sprinkle each side with crushed peppercorns and salt.
3. In a large pan melt three tablespoons of salted butter on medium heat.
4. Drizzle olive oil to ensure your butter does not scorch. It is fine if it browns slightly.
5. Add white wine.
6. When the pan slightly steams gently place salmon into the liquid. This is a shallow poach, so the liquid does not need to completely cover the fillets of fish.
7. Use a spoon to continuously ladle butter wine sauce over the fish for four to five minutes. Baste fish until slightly opaque while maintaining its translucence.
8. Set fish aside.
9. Roughly chop bacon. In the same pan cook bacon down until fat has been rendered.
10. Add risotto and allow to toast in bacon.
11. After a couple of minutes begin adding 1/4 increments of broth to the pan and stir continuously. This process should take about fifteen minutes for the risotto to become al dente and a creamy texture.
12. Add asparagus tips, grape tomatoes, and kale. Warm vegetables through.
13. To plate serve a heaping spoon of risotto and lay salmon filet over the bed of rice.

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