



# **Sockeye Salmon, Haricots Verts, Artichokes, and Cremini Mushrooms with Red Wine Risotto**

serves 2

## **Ingredients for Salmon and Vegetables**

- 2 4-oz sockeye salmon fillets
- 3 oz haricots verts (French-cut green beans)
- 2 artichokes, cleaned, quartered, kept in lukewarm water with lemon juice
- 8 cremini mushrooms, quartered
- 1/4 cup dry white wine
- 1/4 cup olive oil
- 3 cloves garlic
- 3 sprigs fresh thyme
- 2 tsp pepper
- 3 slices bacon, cut into lardons

## **Ingredients for Red Wine Risotto**

- 2 tbsp olive oil
- 1/2 large yellow onion, diced
- 1 clove garlic, minced
- salt and pepper to taste
- 6 sprigs fresh thyme
- 2 cups arborio rice
- 1 cup red wine
- 6 cups chicken or vegetable stock, divided
- 1/4 cup unsalted butter
- 1/2 cup parmesan cheese



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## **Instructions for Artichokes**

Place artichokes in a saucepan with white wine, olive oil, garlic, thyme, salt, and pepper. Simmer until tender, about 1 hour.

## **Instructions for Haricots Verts**

Blanch green beans in boiling water for approximately 1 minute, place in an ice bath.

## **Instructions for Cremini Mushrooms and Artichokes**

Heat enough olive oil to coat the bottom of a sauté pan, then add bacon lardons and sauté until mostly cooked (not quite crispy). Add cremini mushrooms, artichokes, and salt & pepper to taste, cooking until tender.

## **Instructions for Red Wine Risotto**

Heat olive oil in a large saucepan over medium heat. Add onion and sauté until translucent, about 2 minutes. Add garlic, salt, and pepper. Pull thyme leaves off the sprigs and add to saucepan. Add arborio rice and toast, stirring frequently, for about a minute. Add red wine to pan to deglaze. Cook, stirring frequently, until rice has absorbed nearly all of the wine, about 10 minutes. Add 1 cup stock and cook, stirring frequently, until rice has absorbed nearly all of the stock. Repeat this process, adding 1 cup of stock at a time and letting the rice absorb it in between each addition, until rice is al dente. Taste the rice in between each addition of stock to see if it needs more. The final product should have a slight bite and not be mushy; the rice and stock will have formed a thick, starchy broth. When the rice is cooked, remove risotto from heat. Stir in unsalted butter and parmesan cheese, stirring until melted.



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## **Instructions for Salmon**

Preheat oven to 425°F. Coat the bottom of another sauté pan with olive oil, heat until it smokes. Salt and pepper both sides of the salmon fillets. Place salmon in the hot pan, skin side down. Roast in the preheated oven for 3 minutes. Flip and roast for another 3 minutes.