

SEARED WILD SALMON WITH WILTED GREENS AND ANCIENT GRAINS

1 cup farro – cooked according to package instructions
1/2 cup black barley – cooked according to package instructions
1/2 cup cooked shell beans, such as kidney, lima or fava
1/2 cup vegetable stock
Salt and pepper to taste
2 tablespoons grapeseed oil
4 salmon fillets with skin on
1 teaspoon thinly sliced garlic cloves
4 cups spinach or other wilting green, packed
Salt and pepper to taste
1 tablespoon extra virgin olive oil
Fresh whole basil leaves

In a medium sauce pot, combine the farro, barley, beans and stock. Place over medium heat. Bring to a simmer and cook until the liquid nearly evaporates, about 6 to 8 minutes. Season with salt and pepper to taste.

In the meantime, heat a large skillet over medium high heat. Season the skin side of the fillets with salt and pepper, then drizzle lightly with grapeseed oil. Place the fillets, skin-side-down, in the hot skillet. Cook until the skin becomes crisp and nicely browned, about 2 to 3 minutes. Season the flesh side of the fillets with salt and pepper, then lightly drizzle with grapeseed oil. Turn over. Add some additional grapeseed oil to the pan along with the sliced garlic. Cook until the garlic starts to brown. Remove the fillets to a warm holding platter and add the spinach. Cook the spinach until it fully wilts, about 1 to 2 minutes. Season with salt and pepper.

Rip the fresh basil leaves in to the pot with the grains and stir to mix well. To serve, mound some grains on the center of each of four warmed plates. Divide the spinach among each plate and set next to the grains. Place a fillet over the greens and grains in a way that allows both to show. Drizzle over with extra virgin olive oil.

Serves four.