



Salmon in Lemon Brodetto with Pea Puree

Recipe courtesy Giada De Laurentiis



Total Time: 40 min

Prep: 25 min | Inactive Prep: — | Cook: 15 min

Level: Intermediate

Yield: 4 servings

INGREDIENTS

Lemon Brodetto:

2 tablespoons olive oil

1 shallot, diced

2 lemons, juiced

1 lemon, zested

2 cups chicken broth

1 tablespoon chopped fresh mint leaves

Pea Puree:

2 cups frozen peas, thawed (about 10 ounces)

1/4 cup fresh mint leaves

1 clove garlic

1/2 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

1/2 cup extra-virgin olive oil

1/2 cup grated Parmesan

Salmon:

1/4 cup olive oil

4 (4 to 6-ounce) pieces salmon

Kosher salt

Freshly ground black pepper

DIRECTIONS

DIRECTIONS

To make the Lemon Brodetto, warm the olive oil in a medium saucepan over medium heat. Add the shallots and saute until tender, about 7 minutes. Add the lemon juice, zest, and broth. Bring to a simmer, and keep warm, covered, over low heat.

To make the Pea Puree, combine the peas, mint, garlic, salt, and pepper in a food processor and puree. With the machine running, add the olive oil in a steady drizzle. Transfer the pea puree to a small bowl and stir in the Parmesan. Set aside.

To make the Salmon, warm the olive oil in a large, heavy skillet over high heat. Season the salmon pieces with salt and pepper. Sear the salmon until a golden crust forms, about 4 to 5 minutes on the first side. Flip the fish and continue cooking until medium-rare, about 2 minutes more depending on the thickness of the fish.

To assemble the dish, add the tablespoon chopped mint to the Lemon Brodetto and divide between 4 shallow dishes. Place a large spoonful of Pea Puree into the center of each bowl. Place a salmon piece atop each mound of Pea Puree. Serve immediately.

© 2012 Cooking Channel, LLC, All Rights Reserved.

Printed on June 28, 2012 from http://www.cookingchanneltv.com/cook/cda/recipe_print/0,1946,COOK_41503_538228_RECIPE-PRINT-FULL-PAGE-FORMATTER,00.html

