

SALMON & SPRING SUCCOTASH

Meyer Lemon Almondine Cream

2 Ea. Salmon fillets, skin-on, descaled, pin-boned

2 Oz. Grapeseed Oil

6 Tbsp. Butter

6 Oz. Morels, cleaned, cut into 1-inch pieces

½ C. Fava beans

¼ C. Snap peas, de-string and cut into thirds

1 Ea. Yellow onion, small diced

1 Ea. Meyer lemon, peel and mince the rind

½ C. Almonds, slivered

1 Clove Garlic

½ C. Heavy cream

Salt and pepper

Fava beans:

Bring 4 quarts of salted water to boil. Ready an ice bath and a colander and set aside. While the water is heating, remove the favas from the outer shell and set the beans aside. Once the water boils, add the beans into the pot and boil for about three minutes. Place the beans into the ice bath. Finally, make a small tear into the outer skin of the fava and push the inner bean out. Discard the skin and save the bean.

Salmon:

As the skillet heats up, season the salmon liberally (both sides) with salt and pepper. In a large skillet, add the grapeseed oil, and place on medium-high heat. Once oil begins to shimmer and move smoothly, add the salmon, skin side down, and carefully press on the flesh of the fish to keep the skin flat. Do the same with the other fillet and turn the heat to a medium. Your pan should not be smoking, but it should be very hot. Continue cooking the salmon until the skin has developed a golden-brown color. Add 2 tablespoons of butter and once it melts, flip your salmon over and continue to cook until it is medium, about another 2-4 minutes. Set salmon aside skin side up

Vegetables:

Wipe out the skillet and return it to the heat. Add 2 tablespoons of butter and once melted and bubbling, add the morels and sauté until the mushrooms begin to soften, about 1 minute. Add the snap peas, onion, and favas and sauté for another 2-3 minutes. Season with salt and pepper. Transfer the vegetables to a large bowl, wipe out the skillet and return it to the burner.

Sauce:

Keeping the heat on medium, add the remaining butter and the almonds and fry until the almonds start too barely brown. Once they begin to turn color, add the minced lemon peel, and garlic and cook for another moment until the garlic begins to caramelize (be very careful not to over brown at this stage). Add the heavy cream and reduce until thickened. Season with salt if needed. Pour the sauce onto a plate, followed by your vegetables and finally your salmon.