

Pan Seared Wild King Salmon with Foie Gras Pudding, Wild Mushrooms, Fava Beans and a Pinot Noir Butter Sauce - recipe from Doris & Ed's

4 Servings

4- 8oz. Salmon Filet
1lb. Porcini Mushrooms sliced
1lb. Blue foot Mushrooms sliced
2 Shallots sliced
6 Cloves Garlic sliced
2lb. Fava Beans in pods
12 oz. Sweet Butter
1 Bottle Pinot Noir
½ Cup Leek diced
½ Cup Onion diced
½ Cup Celery diced
1 Shallot diced
2 Cloves Garlic
1 Bay Leaf
1 Tsp. Peppercorns (black)
6 Tbsp. Olive Oil for sautéing
3 Parsley Stems
1lb Salmon Bones or Belly Meat

1-Cup Cream
1 Egg
¼ Cup Foie Gras diced
1 Cup Toasted White Bread diced small
Salt & Pepper
Pinch of Paprika
Pinch of Nutmeg

For the Sauce:

1. In a saucepan heat a tablespoon of butter till smoke point.
2. Add salmon bones or meat or both and sauté for two minutes.
3. Then add leek, onion, celery, shallots, 2 cloves garlic, bay leaf, peppercorns, parsley and sauté for 4 minutes.
4. Add wine and bring to simmer and reduce by half.
5. Strain through a fine mesh strainer.
6. Place the strained liquid into a clean saucepan; over low heat, reduce to almost syrup.
7. Then stir in 8 ounces of cold butter. One tablespoon at a time, stirring constantly over low heat.
8. Strain and keep in hot water bath till service.

For the Foie Gras Pudding;

1. Reduce one cup of heavy cream by half, let cool to room temperature.
2. In a bowl add cream, one egg, ¼ cup diced foie gras and toasted bread.
3. Gently mix and season with salt and pepper. Place in 2-ounce ramekins, dust top with paprika and nutmeg.
4. Cover with Foil and bake in a water bath for 25 minutes and keep warm till service.

For the Fava Beans:

1. Clean beans out of pods, then blanch in boiling salted water for one minute and chill in a water bath.
2. Then peel the beans out of the second skin and reserve for service.

For the Mushrooms:

1. Sauté mushrooms in butter on high heat adding shallots and garlic. Cook till lightly caramelized.
2. Season with salt and pepper and add fava beans, keep warm for service.

For the Salmon:

1. Season salmon with salt and pepper. In a sauté pan on medium high heat add olive oil.
2. Then place salmon flesh side down in the pan, reduce the heat to medium and cook about 3 minutes on each side till medium rare to medium
4. Place sauce down to cover face of the plate. Unmold the foie gras and place at 11:00 on plate.
5. Place mushroom mixture at 2:00 on plate.
6. Place salmon across the mushroom mixture so that it leans as half on and half off.

Preparation Time 1 1/2 hours
Cooking Time 20 minutes