

## Caviar Lentils with Seared Coriander Crusted Salmon and Green Harissa

### Spicy Palouse Caviar Lentils

Black Caviar Lentils	2 C
Chicken Stock	4 C
Onion, small dice	1 C
Garlic, minced	2 cloves
Smoked Paprika	1 T
Cayenne Pepper	¼ t
Olive Oil	1 T
Lemon Juice	1 T
Red Wine Vinegar	1 t
Salt	TT
Black Pepper	TT

### Story

*I often torture my attorney (yeah I need one) about her cooking, despite her nailing leek soup. I sometimes cook elegant dinners for her office, and in turn, she occasionally shares soup. So an ongoing joke has rattled around between us regarding our very different cooking styles and tastes.*

*One day, she was at my house and mentioned making lentils for dinner. I love lentils, but I was timidly awaiting a slightly sketch dinner of black mush. As I worked on things around the house (I mean I drank and criticized), I curiously watched her work, and tried not to overly inject myself. I'm now eating not only lentils, but crow: this was destined to make the perfect lentil dish. Damn, it came out well, and the lentils have a great amount of sass...just like her.*

### Directions:

- In a stock pot, heat the olive oil and sauté the onion and garlic until cooked...yeah some people say translucent but that's a dumb thing to say.
- Add the lentils to the pot and stir them with the onions and garlic, good and hard, like family drama.
- Add the chicken stock and simmer until al dente.
- Add smoked paprika, cayenne pepper, salt, black pepper, and test for perfection like your grandma.
- Finish off with lemon juice and a splash of red wine vinegar.

## **Green Harissa Sauce**

Cilantro	1 bunch
Onion, small dice	1 C
Garlic, minced	2 cloves
Poblano peppers, roasted, Skinned and de-seeded	2
Yellow bell peppers, Roasted, skinned, de-seeded	2
Lemon Juice	¼ C
Cumin	1 T
Coriander	1 t
White Wine Vinegar	2 T
Olive Oil	2/3 C
Salt	TT
Pepper	TT

### ***Story***

*I had just met this chef from Seattle for the first time, Chef Tana, and we were settling in on an adventure throughout the Inland Northwest with wine tastings, food from her bag of goodies, and some conversation.*

*We traveled 200 miles in one day, tasted through a series of restaurants, wineries, and breweries, and after an interloping excursion of food conversations and actual cooking, we settled in on some video games at the house, cheese, charcuterie, and this amazing harissa sauce she made with her Goddesslike kitchen abilities.*

*Later after much wine had been consumed and I had single-handedly kicked her video gaming ass over and over again, our conversation went to recipes...mine in particular to that harissa sauce. A sauce later to be resurrected in my life with some modifications...hence the green harissa with a Mexican twist. I'm half Mexican, so I do that.*

### ***Directions***

- If you have a ghetto kitchen like I do (chefs don't generally like to cook at home, obviously) roast those poblanos and bell peppers in a 425 degree oven, but if you are full blown Martha Stewart with all the money in the world and an open flame Viking range, then roast them on the range.*
- When perfectly charred, toss those nuggets of lava in a paper bag and let them rest for 10 minutes, remove them, peel them with a kitchen towel and deseed.*
- Using a Vitamix (Blender, Ninja, Food Processor, or four samurai warriors), combine all ingredients except oil into the turbo charged mixer of choice until ingredients are puréed.*
- Slowly add oil until the sauce is smooth.*

### **Coriander Rubbed Salmon**

Salmon	10 oz filet
Coriander	1 t
Cumin	1 t
Salt	TT
Pepper	TT

### **Cardamom Greek Yogurt**

Whole fat, plain Greek Yogurt	¼ C
Honey	1 T
Cardamom	2 t

### **Story**

*I had met this talented chef from Portland one summer day during a trip to connect with an ex-girlfriend. She had enough of my shenanigans during our Sunday brunch and pleasantly reminded me she had work to do that day, kissed me on the cheek, and said goodbye. Sadly, I still had one more night at the Marriott in downtown Portland, so I did what any rejected chef would do in wine country and went drinking.*

*I stopped at Argyle Winery for some champagne on my way down through Dundee Hills. I came up to the counter, ordered a tasting, and gave the wine hustler my business card. The wine hustler, nodded, and replied "So you're a chef?" I nodded (not that I cared if she acknowledged my professional status, but I like that industry discount). At that moment, one of the ladies next to me exclaimed, "Which restaurant?" I told her I worked for the Historic Davenport Hotel in Spokane.*

*There was a bit of interest in her eyes, probably not for me, but the Historic Davenport, which later she relayed to me, is where her parents got married; that conversation ended up spilling over into a dinner of Indian food. These recipes are a homage to that spicy night...and the champagne was great too!*

### **Directions for the Coriander Rub**

- Mix all the ingredients in the rub together in a spice bowl, mortar and pestle, or some other tool for witchcraft.

### **Directions for Cardamom yogurt**

- Fold all the ingredients for the yogurt together and rest in the refrigerator for that moment of awesomeness.

### **Directions for the Salmon and finishing this exquisite dish:**

- Cut salmon filet into two 5 oz portions. Rub the flesh with the coriander rub.
- Heat a sauté pan with 2 T of olive oil until the oil bends like waves when moved or do the water flick trick (flick water onto the pan like a boss to see if it sizzles and pops), place the salmon face (not skin) side down, sear and cover for 3 minutes. Flip that delicious fish, turn off the heat and let it rest for one minute while you plate.
- Place a scoop of lentils on the plate
- Arrange the salmon on top of the lentils
- Add dollop of the Cardamom Greet Yogurt and Harissa Sauce generously across the fish