

# Roast Spring Salmon

*with leeks, bacon, lentils, sage & anchovy*

## INGREDIENTS

(serves 4)

**4 x 5oz spring salmon fillets**, scaled, skin on, skin side scored 3-4 times lengthways (your fishmonger will do this for you if you ask)

**2x large leeks**, green tops removed, cut in quarters lengthways, sliced thinly and washed until clean, drained for as long as possible

**200g smoked bacon**, cut in to lardon-sized pieces

**120g black lentils or puy lentils**, washed

**1 litre chicken stock**

**500ml red wine**

**1 head of garlic**, left whole, unpeeled

**1 bunch of sage**, leaves picked, stems saved

**2 bay leaves**

**8 salted anchovy fillets**, best quality you can find, roughly chopped

**red wine vinegar**, to taste

**salt and pepper**

**Butter**, unsalted

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## METHOD

1. Pre heat your oven to 375 F.
2. Take the salmon and lay skin side down onto some paper towel in the fridge. Take out of the fridge 15 minutes before cooking.
3. In a medium-sized sauce pan over medium heat, add the bacon and 1 Tbsp of butter and start to render and cook the bacon. Once golden brown and getting crispy, add the washed leeks, season with salt and pepper, and cook slowly with no colour until the leeks are meltingly tender and free of too much moisture. Set aside until later.
4. In a medium-sized sauce pan, bring the chicken stock and red wine to the boil. Season with salt and keep warm.
5. In another pan, put the lentils, bay leaves, garlic, sage and stems into a pot and pour over the red wine and chicken stock. Bring to the boil, cook until tender (about 25-30 minutes depending on which lentils you use). Take off the heat, taste and season with salt and pepper and red wine vinegar. Set aside.
6. In a large non-stick frying pan (a good well-seasoned frying pan will work, too), add a splash of oil and put over medium-high heat.
7. Season both sides of the salmon with salt and pepper, and lay the fillets into the pan skin side down. Cook for 2 minutes making sure the skin has good contact with the frying pan. Place into the oven for 2-3 minutes (depending on the thickness of your fillets).
8. Flip over to the flesh side and cook for 1 more minute in the oven and then place onto a warmed plate while you finish the rest of the dish. **DO NOT** throw away the pan you just cooked the salmon in.
9. Pour off any excess fat from the pan you just cooked the fish in and then put the pan back on a medium heat. Fry the sage leaves in the pan until they start to fry and get crispy. Push them to the side and add in the anchovy pieces. Fry them until they also start to get crispy. When ready, add into the pan 2 Tbsp of red wine vinegar. Set aside.
10. To serve, put the lentils into a warmed plate or shallow bowl and top with a fillet of salmon. Spoon over some of the leek and bacon mixture onto the salmon and then scrape out the fried sage and anchovy and any juices left from the pan over each of the plates. Eat!