

# **Beano's**

Executive Chef, Steven Topple

## **Marinated Wild Salmon with Saffron Risotto And a Lime Cream Sauce**

**Serves 4**

**Prep time 35 minutes**

### **Ingredients:**

**4 large 6 oz salmon portions, available from a good seafood supplier or supermarket on a pre order**

**1 cups of Risotto Rice**

**1 Small Onion small diced**

**4 cloves of peeled garlic crushed**

**1 pinch of saffron**

**1 lemon juiced**

**¼ cup of cream**

**4 cups of water**

**2 oz of butter cold**

**1 oz of grated fresh Parmesan cheese**

**1 oz of blended oil**

**Salt and pepper**

**1 oz of white wine**

### **Method**

**In a large pot, sauté the ¼ of the chopped onion, in the oil, keep the remainder of onion for later. Add the garlic, cook until translucent. Add the risotto rice and cook until coated in the onion and garlic.**

**Add the pinch of saffron. When the rice becomes sticky add the water and wine to cover turn the heat down until a slow simmer is achieved.**

**Season the rice with salt and pepper.**

**It is very important that you keep stirring the rice,**

**When it is cooked it should be al dente with a little bite to it.**

**In another small pan cook the remaining onion with the white wine,**

**Squeeze the lemon juice into the reduction.**

**Add the cream to the sauce and the butter keep stirring so that the butter does not brake.**

**Season the sauce with salt and pepper.**

**Season the salmon with salt and pepper, and then pan sear until golden brown.**

**Place the salmon into a preheated oven at 350 for 8 minutes.**

**Take a little risotto in a small pan add a little more stock and butter and then add in the parmesan cheese until thick and creamy.**

**To plate, place the risotto in the middle of the plate, and then place the salmon on top plate. Spoon the sauce around the plate and serve.**