

Featured Recipe



RED LENTILS WITH PAN-FRIED SALMON

To pair with

2011 PINOT NOIR,
FE CIEGA VINEYARD

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Serves 4 people

Ingredients

1 CUP RED SPLIT LENTILS

1 CUP DICED SWEET ONION

½ CUP DICED CARROT

2 CLOVES GARLIC, MINCED

¼ CUP RED WINE (IT HURTS TO COOK WITH
THE FE CIEGA BUT IT'LL BE WORTH IT!)

2¼ CUPS VEGETABLE BROTH

1 TEASPOON RED PEPPER FLAKES

1 TEASPOON BLACK PEPPER

1 BAY LEAF

1 TABLESPOON OLIVE OIL

SALT TO TASTE

Method

Lentils:

Open bottle of 2011 Pinot Noir, Fe Ciega Vineyard and sample. Then heat olive oil in pan over medium low heat and sautee onion, carrots and garlic until slightly softened and fragrant, about 5 minutes. Add lentils and cook 1 minute stirring frequently. Add broth, wine and seasoning. Cover with a lid and simmer over low heat until tender, about 13 minutes. While waiting, drink the Pinot Noir to enjoy the subtle changes aeration has allowed. When lentils are done remove bay leaf and add additional seasoning if needed.

Salmon:

Season 4 salmon filets with salt, pepper and Cajun seasoning. Add a little olive oil to a hot pan and cook for 2-3 minutes. Flip and cook an additional 2-3 minutes. I like my salmon a little pink in the middle, so lower the heat and cook longer if you need it cooked through.

Spread a layer of lentils on a plate and top with salmon filet. Refill your wine glass and enjoy!