



24Hour Cured Wild Salmon (think gravlax or lox) with Buttered Farro and Griddled Tomato

1 lb of Wild Salmon

6oz Muscovado Sugar or Dark Brown Sugar

4oz Kosher Salt

1 Cup Farro

4 Quarts of boiling water

1/4 Cup Roasted Chopped Pistachio Nuts

2 T Butter

2 Kumato Tomatoes Halved

1 T Extra Virgin Olive Oil

Sea Salt and Black Pepper to taste

-Slice the salmon into even thin slices. Place salmon on parchment paper. Mix salt and sugar together and sprinkle generously over your sliced salmon, flip the salmon over and sprinkle your salt/sugar mix on the other side. Place your salmon in a covered container and place in the refrigerator overnight (24 hours).

-For the farro, bring 4 quarts of water to a boil and season with salt (the water should taste salted like the sea). Pour the farro into the boiling water and cook until done, approximately 20-30 minutes. Once cooked, strain and reserve for later use.

-When ready take the salmon out of the fridge, and with a damp towel wipe the salt/sugar mix off of your salmon slices. Place a frying pan on medium heat and gently warm your butter. In another frying pan on medium heat add your extra virgin olive oil. At the same time place the farro and pistachio nuts in the pan with butter, and the tomatoes skin side down in the pan with extra virgin olive oil. Keep an eye on the farro, moving it around to bring it to temperature.

When the tomato halves have nice color on the flesh, turn them over and place them in a 350 degree oven.

-To plate, put down your warmed farro, then layout your slices of salmon. Garnish each plate with a griddled tomato. Enjoy

-Optional garnishes can be grated cooked beets, fresh or jarred horseradish, raw onion, cracked black pepper and or extra virgin olive oil.