

GUASTELLO'S VILLAGE MARKET

Butter Braised Peas, Leeks and Asparagus with Salmon

Serves 2

Ingredients

1 bunch asparagus bottom 3-4 inches trimmed off
1 cup Fresh or frozen large peas
1/4 cup butter
1 leek or a bunch of wild leeks/ramps
2 cloves garlic
1 tsp. dried tarragon leaves or dried thyme leaves, if you don't like tarragon
1/4 cup chicken stock
Juice from 1/2 a lemon
Splash of white wine if you like
Salt and freshly ground pepper
2 fillets of salmon cooked as you like (grilled, pan-fried or roasted in the oven)

Instructions:

If using regular leeks, prepare leeks by taking a 3-inch slice of the white part of the leek. Cut in half lengthwise, then slice into thin slices, to total about 1/3 cup. Rinse well and set aside.

Roughly chop a bit of the top green from the leek and set aside. If using wild leeks, cut thin slices from the white bulb end to total 1/3 cup. Roughly chop the top leaves and set aside.

Meanwhile, melt 1/4 up butter in a large frying pan over medium heat. Add white part of leeks and cook, stirring, until softened. Add garlic and cook another 30 seconds. Add asparagus and peas, tarragon and chicken stock. Reduce heat to low, cover pan (with lid or if your pan doesn't have a lid, place a baking sheet or piece of aluminum foil overtop) and simmer for 6-7 minutes. Remove lid. Add lemon juice and a splash of wine, if using. Scatter chopped leek leaves overtop and stir in. Season well with salt and pepper. Continue cooking until asparagus and peas are just tender and most of the liquid has evaporated.

Meanwhile, cook salmon in a grill, in a grill pan on the stove-top or roast for 12-15 minutes in a 400F. oven.

Remove to a serving dish. Top with grilled, roasted or pan-fried salmon.

Cook's Note:

I didn't include cooking instructions for the salmon. I grilled mine quickly on the BBQ. You could also use a grill pan on the stove-top or place in a baking pan and cook in a 400F. oven for 12-15 minutes.

Obviously, you can just make the braised greens as a side or main dish for any meal or substitute any meat, poultry or seafood.

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If you don't like tarragon, you can substitute dried thyme leaves.

Credit: seasonsandsuppers.ca