



## **SEARED SALMON FILLET WITH TOASTED FARO PILAF AND PICKLED CUCUMBERS (SERVES 4) PAIRED WITH 2018 GRAN VAL PINOT NOIR**

An original recipe by Chef Helen Goelet, one of six grandchildren of founder John Goelet. Helen fell head-over-heels in love with cooking when she was just 10 years old and uses her knowledge of wine to create complex and exciting pairings to experience the possibilities present in each glass.

### **INGREDIENTS**

- 4 6 oz cuts of fresh salmon fillet
- 1 cucumber, thinly sliced into disks
- 2 tbsp fresh dill
- 4 tbsp granulated sugar
- 2 tbsp salt
- 1 cup rice wine vinegar
- ½ cup water
- 1 cup faro
- 2 tbsp freshly chopped parsley
- 1 lemon

### **INSTRUCTIONS**

- First, let's do a quick pickle with your cucumber. Add your thinly sliced cucumbers to a pint sized jar with the dill. In a small sauce pot, add sugar, salt, vinegar and water and bring to a boil. Remove immediately from the heat and pour over the cucumber dill mixture. Allow to cool fully before putting it in the fridge.
- In a heavy-bottomed pot, toast your faro until it begins to take on a nutty smell and slight coloring (roughly 7 minutes). Add 2 cups of water and salt and simmer until faro is cooked but still has a slight bite to it, roughly 20 minutes. Drain and toss with parsley, juice of ½ lemon, salt, pepper and a little olive oil.
- Preheat the oven to 350°. Season your salmon generously with salt and pepper. In a cast iron pan, sear the skin side of the salmon first until crispy before flipping over and placing the pan in the oven for 7-10 minutes, depending on how cooked through you'd like your salmon.
- Serve over faro with pickled cucumber and a bottle of Clos du Val 2018 Gran Val Estate Pinot Noir.