

# *Pan Seared New Zealand King Salmon* *Roasted Cauliflower, Fava Beans, Braised Bacon, & Onion Jam*



## INGREDIENTS

### *For the Salmon:*

1 oz Clarified Butter  
1/2 tsp Salt & Pepper Blend  
7 oz Salmon

### *For the Cauliflower & Fava Beans:*

1/2 oz Olive Oil  
1/4 cup Roasted  
Cauliflower Florets  
1/4 cup Fava Beans  
2 Tbsp Braised Bacon 1/4  
dice  
Salt & Pepper Blend, to  
season

### *For the Onion Jam:*

Red Onion, 2 cup  
Red Wine Vinegar, 1/16 cup  
Red Wine 1/8 cup  
Sugar 1/2 cup  
Corn Syrup 1/16 cup  
Fresh Thyme 1 tbl  
Kosher Salt 1 tsp  
Black Pepper 1 tsp

### *For the Roasted Cauliflower:*

Cauliflower, 1 head  
Olive oil, 1/4 cup  
Kosher Salt 1/2 tsp  
Black Pepper 1/4 tsp

## DIRECTIONS

### *For the Salmon:*

Heat butter in sauté pan until hot. Season salmon evenly with S&P and place in sauté pan presentation side down. Sear salmon on one side for 2 to 3 minutes. Turn salmon over and cook for 2 to 3 minutes.

### *For the Cauliflower & Fava Beans:*

Add olive oil to a sauté pan and heat. Add cauliflower, fava beans, bacon to pan and sauté over medium heat for 2 minutes. Season with S&P, reserve for plating.

### *For the Onion Jam:*

Place red onion, vinegar, wine, shallots, sugar, salt, and pepper in a heavy gauge sauce pan. Place on heat and simmer and reduce by 1/2. Remove from heat and blend using a hand mixer to the consistency of a jam.

### *For the Roasted Cauliflower:*

Break down cauliflower into 1/2 florets. Toss with olive oil, kosher salt and black pepper and place on sheet tray. Place in a pre-heated 350 degree oven for 5 minutes until florets are golden brown.

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specialty of:  
Executive Chef Travis Napier

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**Bristol Seafood Grill**  
51 East 14th Street  
Kansas City, MO 64106  
816.448.6007  
[www.bristolseafoodgrill.com](http://www.bristolseafoodgrill.com)

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## INGREDIENTS

### *For the Fava Beans:*

Fava Beans 1 LB  
Kosher Salt 1/4 cup  
Water 2 quarts

### *For the Braised Bacon:*

Slab Bacon, 1 LB  
Carrots 1 cup  
Celery 1 cup  
Yellow Onion 1 cup  
Fresh Thyme 2 sprigs  
Whole Garlic Cloves 6 each  
Kosher Salt 1 tsp  
Whole white Peppercorns  
20 each  
Water 1 gallon

## DIRECTIONS

### *For the Fava Beans:*

Snap off stem end of the fava pod towards "string" side of the pod. Pull down and remove "string" that runs along inner curve of fava pod. Open pods and remove beans from pod. Bring water to boil in a large pot. Salt so the water tastes as salty as the sea (this will help the beans stay green). Add fava beans, cook 1 minute, and drain. Meanwhile, prepare a large bowl of ice water. Plunge blanched fava beans into ice water and let sit until completely cool, 3 to 5 minutes, and drain. With your thumb nail, break through shell at the dimpled point and pull up to remove a "cap" at the top of the bean. Having removed the top of the shell, you can now pop out the fava bean.

### *For the Braised Bacon:*

In a braising pan, heat olive oil until hot. Place 1" slabs in braising pan and sear for 3 minutes, then flip and sear for 2 minutes. Add in carrots, celery, onions, thyme, garlic, salt and peppercorns. Cook for one minute. Then add the water, wrap in foil and place in 350 degree oven for 2 hours. Once two hours is up, flip slab bacon, wrap in foil, and cook it for another hour. After the hour, remove foil and continue cooking for 10 minutes, or until bacon is a dark brown color.

### *Plating:*

Seared King Salmon  
Cauliflower & Fava beans  
Onion Jam, room temperature 1 TBL

Place the vegetables in a tight mound in the center of the plate. Place the King Salmon on top of the vegetables. Garnish the plate with onion jam.

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