

Pan-Seared Drum and Tomato Jam

with Himalayan Red Rice Risotto & Asparagus

This recipe uses Himalayan red rice, a hearty variety originally cultivated in the foothills of the mountains. The deep, honey-red colored grains are hearty and aromatic. Their texture is ideal for slow-cooking, making this risotto creamy with a delightful bite. Its mellow nuttiness is the perfect contrast to this fresh tomato jam.



Ingredients

- 2 Cloves Garlic
- 1 Bunch Thyme
- 1 Red Onion
- ½ Bunch Asparagus
- 1 15-Ounce Can Diced Tomatoes
- 2 Tablespoons Red Wine Vinegar
- 2 Tablespoons Sugar
- 1 Cup Himalayan Red Rice
- 2 Tablespoons Butter
- 2 Skinless Drum Fillets

Makes 2 Servings
About 700 Calories Per Serving



Instructions

1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and mince the garlic. Pick the thyme leaves off the stems; discard the stems. Peel and small dice the onion. Cut or snap off the woody ends of the asparagus, then cut the remaining stalks into 1-inch pieces on an angle.

2



Make the tomato jam:

In a small pot, heat 2 teaspoons of olive oil on medium until hot. Add **half the onion** and season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Stir in the **tomatoes, vinegar, thyme and sugar**; season with salt and pepper. Simmer, stirring occasionally, 18 to 20 minutes, or until thickened. Remove from heat and season with salt and pepper to taste. Set aside as you finish cooking.

3



Start the risotto:

While the tomato jam simmers, in a medium pot, heat 2 teaspoons of olive oil on medium until hot. Add the **garlic and remaining onion** and season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and fragrant. Add the **rice** and cook, stirring frequently, 2 to 3 minutes, or until lightly browned and toasted.

4



Add the liquids:

To the pot of toasted rice, add **3½ cups of water** and season with salt and pepper. Increase the heat to medium-high and bring the mixture to a boil. Once boiling, reduce the heat to medium-low and simmer, stirring occasionally, 30 to 35 minutes, or until the rice is tender and most of the liquid has been absorbed.

5



Finish the risotto:

To the risotto, add the **asparagus** and cook 1 to 2 minutes, or until tender and bright green. Turn off the heat and stir in the **butter** until melted. Set aside in a warm place as you finish cooking. (If the risotto stiffens up, stir in a few teaspoons of water to achieve your desired consistency.)

6



Cook the fish:

Pat the **drum fillets** dry with paper towels and season both sides with salt and pepper. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the fillets and cook 2 to 4 minutes per side, or until crisp and golden. Transfer the cooked fish to a paper towel-lined plate. To plate your dish, divide the **cooked fish and risotto** between 2 plates and top with the **tomato jam**. Enjoy!