

# Crispy Skin Salmon

with Risotto-Style Farro & Mushrooms


4 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**  
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## Ingredients

 4 Skin-On Salmon Fillets


 2 cloves Garlic


 ¼ cup Mascarpone Cheese

 2 Tbsps Butter


 ¼ tsp Crushed Red Pepper Flakes

 1 cup Semi-Pearled Farro

 ½ lb Mushrooms

 2 Tbsps Balsamic Vinegar

 2 Tbsps Vegetable Demi-Glace

 15 oz Baby Bok Choy

 1 Shallot

 1 Tbsp Verjus Blanc

 1 tsp Whole Dried Oregano



BLUE APRON  
x  
Chef  
**Edouardo  
Jordan**

For four weeks, Blue Apron is delighted to partner with Edouardo Jordan, Seattle-based chef and restaurant owner, whose mission is to nourish the community with Southern-focused dishes and education through culinary history.



Serve with Blue Apron wine that has this symbol  
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## 1 Prepare the ingredients

- Wash and dry the fresh produce.
- Peel and finely chop the **shallot**.
- Peel and roughly chop **2 cloves of garlic**.
- Cut off and discard the root ends of the **bok choy**; thinly slice crosswise, separating the stems and leaves.
- Thinly slice the **mushrooms**.



## 2 Start the farro

- In a medium pot, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **chopped shallot**, **half the chopped garlic**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **farro**. Cook, stirring frequently, 2 to 3 minutes, or until toasted and fragrant.
- Add the **verjus** (carefully, as the liquid may splatter) and **demi-glace**. Cook, stirring frequently, 30 seconds to 1 minute, or until the liquid has cooked off.
- Add the **sliced bok choy stems** and **4 cups of water**; season with salt and pepper. Cook, stirring frequently, 27 to 29 minutes, or until the farro is tender and most of the liquid has cooked off.
- Turn off the heat.



## 3 Cook the mushrooms

- Once the farro has cooked about 10 minutes, in a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **sliced mushrooms** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.
- Add the **remaining chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until the mushrooms are coated.
- Transfer to a plate. Cover with foil to keep warm.
- Wipe out the pan.



## 4 Cook the fish

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and the **oregano**.
- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.\*
- Turn off the heat.



## 5 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **cooked mushrooms**, **sliced bok choy leaves**, **butter**, and **mascarpone**. Season with salt and pepper; stir to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **cooked fish** (skin side up) over the **finished farro**. Enjoy!



\*An instant-read thermometer should register 145°F.

### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 700, Total Carbohydrates: 37g, Dietary Fiber: 5g, Added Sugars: 0g, Total Fat: 43g, Saturated Fat: 13g, Protein: 40g, Sodium: 760mg.

\*\*For information about our wellness labels visit us at [blueapron.com/wellness](https://blueapron.com/wellness). To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or [blueapron.com](https://blueapron.com).

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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