

Ingredients



4 Skin-On Salmon Fillets



2 cloves Garlic



1/4 cup Mascarpone Cheese



2 Tbsps Butter



1/4 tsp Crushed Red Pepper Flakes



1 cup Semi-Pearled Farro



1/2 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



Chef Edouardo
Jordan

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



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

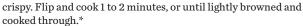
- Once the farro has cooked about 10 minutes, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- Add the sliced mushrooms in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.



- 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



• 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.



*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.

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Produced in a facility that processes crustacean

shellfish, egg, fish, milk, peanuts, soy, tree nuts,

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