



13. Make: Salmon with Shellfish Minestrone

“When you cook salmon, the skin is your safety net.”

Bored of salmon with asparagus and Hollandaise? We thought so. Here Gordon shows you how to nail a filet of salmon perfectly and create a delicious, light supper with an easy, yet elegant Italian-inspired shellfish and vegetable minestrone. Harness what Gordon calls “the jewels of the sea” in a broth that money can’t buy.

SERVES 4

PREP 40 minutes

COOK 30 minutes

For the shellfish broth:

10oz mussels

10oz cockles or littleneck clams

2 tablespoons extra-virgin olive oil

1 rib celery, diced

1 carrot, peeled and diced

1 shallot, roughly chopped

1 sprig lemon thyme

1 lemon

Kosher salt

1½ cups dry white wine (such as Sauvignon Blanc)

2 cups unsalted chicken stock

Fennel fronds

MAKE THE SHELLFISH BROTH

- 1 Scrub the mussels and clams well under cold, running water for 10 minutes, draining the water as needed. Remove the beards from the mussels and discard any open shells. Set aside. Heat the oil in a medium pot over medium-high heat. Add the mire-poix (carrot, celery and shallot), thyme and 1 lemon slice, reserving the rest of the lemon for later. Season with salt and sweat for 30 seconds. Add the shellfish and cover the pot with a lid. Cook for 30 seconds. Add the wine, cover and cook for an additional 30 seconds. Add the chicken stock, cover, and increase the heat to high, cooking for 5-7 minutes until the shellfish open. Strain the broth into a bowl and then pour the broth into a clean pot. Remove the shellfish from the shells into a bowl, discarding any shells that did not open. Set aside.

MAKE THE VEGETABLES & PASTA

- 1 Bring a medium pot of salted water to a boil over high heat. Blanche the vegetables for 2 minutes. Quickly remove the vegetables with a hand-sieve or slotted spoon and rinse under cold water. Drain and reserve in a bowl. Add the beans to the vegetables. Into the pot of boiling water, add the pasta and cook for 7-8 minutes until just al dente. Strain the pasta into a colander, rinsing with cold water to both stop the cooking and remove the starch. Add the pasta to the vegetables and beans.

13. MAKE: SALMON WITH SHELLFISH MINISTRONE, CONTINUED

For the vegetables & pasta:

1 small zucchini, diced into ¼" pieces

1 small bulb fennel with fronds, diced into ¼" pieces, fronds reserved

¾ cup fresh English peas, or frozen and thawed

¾ cup canned white beans, rinsed and drained

½ cup elbow macaroni

For the salmon:

4 (4.5-5oz) center-cut salmon filets, deboned with skin on

Kosher salt

Freshly ground black pepper

2 tablespoons extra-virgin olive oil, plus more for drizzling

MAKE THE VEGETABLES & PASTA

- 1 Score the skin of the salmon. Season both sides with salt and freshly ground black pepper. Heat a large nonstick pan over medium-high heat. Add the olive oil and gently place the salmon into the pan, skin-side down. Cook for 6-7 minutes, turning occasionally. Remove the fish to rest on a plate while you assemble the soup.

TO SERVE

- 1 Bring the pot of shellfish broth back to a boil over medium-high heat. Reduce the heat to a simmer. Add the fennel fronds and zest from the reserved lemon. Add the shellfish, vegetables, beans and pasta and cook gently, just to warm through. Season to taste with salt and a squeeze of lemon juice. Ladle the minestrone into the center of a bowl. Place the salmon on top, skin-side up and drizzle with olive oil.

TAKE IT FURTHER

- Now that you've made a salmon minestrone, try this soup with a different fish. Make Gordon's [Minestrone with Blue Eye Cod](#).
- Try a different kind of fish soup with Gordon's [cod and tomato chowder](#).

ASSIGNMENT

Change up this salmon with shellfish minestrone by using different stocks, pasta shapes, and even different types of shellfish. Experiment with herbs. If you don't have fennel, Gordon suggests tarragon or chervil for the salmon minestrone. Share your finished dish photos and tasting notes with your classmates.